

**CHI OMEGA  
COOK BOOK**



# CHI OMEGA COOK BOOK

*Edited by*

The North Shore Alumnæ of  
Chi Omega

*for*

Xi Chapter House Fund  
Northwestern University  
EVANSTON, ILL.

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## FOREWORD

Thanks are due to the mothers and friends  
of Chi Omegas for many of the rec-  
ipes appearing in this book



## PREFACE

IN this day of the mounting cost of living, the problem is to so spend the dollar as to bring the best results. The complex demands of modern life are a challenge to the intelligence and foresight of the college-bred woman to use her budget so as to provide her family with the most adequate diet obtainable. It is her duty to build up the physical and the nerve force of the new generation, to build up resistance to fatigue and to disease.

Thanks to scientific research, we have learned that calories alone do not build up energy, that unless certain properties known as vitamins are present in the food, force is lacking. Indeed, the rôle of vitamins in the body has been compared to that of cement to bricks or stones in a house. At present, three vitamin elements have been isolated. They are known as fat soluble A the anti-ricketic, found in animal fats, especially in milk, thus an indispensable factor in early life; water-soluble B, the anti-neuritic, found in the germ of cereal seeds, in the eggs of animals and in the cellular organs such as the liver; and C, the anti-scorbutic, found in the juices of fruits, especially in lemons and oranges, also in most vegetables. Unfortunately, this property is partially destroyed by high temperatures such as those used in canning. This anti-scorbutic vitamin is important in helping the body to utilize the minerals, especially calcium. Indeed, the leafy vegetables, such as spinach, cabbage, and lettuce, supply in largest amounts the vitamin necessary to promote growth, protect against disease, and give vitality; they give the ability to use the calories supplied by cream, sugar, and cereals. For instance, the daily consumption of a quart of milk, egg yolk, leafy vegetables, and fruits with certain calories, would furnish a well-balanced diet. In order to make it possible for the users of the cook book to balance their diet, we are furnishing a table of vitamins found in the commoner foods, as well as a table of calories.



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## Table of Vitamins

*As Given in the Journal of the American Medical Association*

|                    | A   | B  | C  |                     |     |     |
|--------------------|-----|----|----|---------------------|-----|-----|
| Apples .....       | *   | *  | *  | Tomatoes (raw or    |     |     |
| Bananas .....      | *?  | *? | *  | canned) .....       | **  | *** |
| Bread (Milk) ..... | *   | *  | ?  | Beans (kidney) ..   | /   | *** |
| Bread (Whole       |     |    |    | Beans (string,      |     |     |
| wheat) milk.....   | **  | ** | ?  | fresh) .....        | **  | **  |
| Barley (whole) ... | *   | ** | —  | Cabbage (fresh      |     |     |
| Corn (yellow) .... | *   | ** | —  | raw) .....          | *   | *** |
| Oats .....         | *   | ** | —  | Cabbage (cooked)    | *   | **  |
| Meat (lean) .....  | *   | *? | *? | Carrots (fresh      |     |     |
| Beef fat .....     | *   | —  | —  | raw) .....          | **  | **  |
| Mutton fat .....   | *   | —  | —  | Carrots (cooked)    | **  | *   |
| Oleomargarine ...  | *   | —  | —  | Cauliflower .....   | *   | **  |
| Liver .....        | **  | ** | *  | Celery .....        | /   | *   |
| Kidney .....       | **  | ** | *? | Cucumber .....      | /   | *   |
| Sweetbreads .....  | *   | *  | /  | Eggplant (dried)    | /   | **  |
| Fish (fat) .....   | *   | *  | /  | Lettuce .....       | **  | **  |
| Fish roe .....     | *   | ** | *? | Onions .....        | /   | **  |
| Milk (fresh) ..... | *** | ** | *v | Peas .....          | **  | **  |
| Milk (condensed)   | *** | ** | *v | Potatoes (boiled 15 |     |     |
| Milk (skimmed) ..  | *   | ** | *v | min.) .....         | /   | **  |
| Buttermilk .....   | *   | ** | *v | Potatoes (baked)    | /   | **  |
| Cream .....        | *** | ** | *v | Sweet potatoes ...  | **  | *   |
| Butter .....       | *** | —  | —  | Spinach (fresh) ..  | *** | *** |
| Cheese .....       | **  | /  | /  | Squash (Hubbard)    | **  | /   |
| Eggs .....         | **  | *  | *  | Turnips .....       | —?  | **  |
| Almonds .....      | *   | *  | /  | Grapefruit .....    | /   | **  |
| Coconut .....      | *   | *  | /  | Lemon juice .....   | /   | **  |
| Hickory nuts ..... | /   | ** | /  | Orange juice .....  | *   | **  |
| Peanuts .....      | *   | ** | /  | Prunes .....        | /   | *   |
| Walnuts .....      | /   | ** | /  | Raspberries .....   | /   | /   |

\* contains vitamin.

\*\* good source of V

v variable.

\*\*\* excellent source of vitamin.

— no appreciable amount of v.

? doubt as to presence of v.

/ evidence lacking.

## List of Calories

The average business woman requires 2500 calories of food per day.

The average housewife requires 1800 calories of food per day.

The reducing diet calls for 1200 calories of food per day.

### MEATS

|                            |                 |
|----------------------------|-----------------|
| Beefsteak—av. helping..    | 185 cal.        |
| Tenderloin—av. helping.    | 285 cal.        |
| Roast beef—av. helping.    | 150 cal.        |
| Roast chicken—av. help.    | 180 cal.        |
| 1 frankfort.....           | 100 cal.        |
| 1 large chop.....          | 100 cal.        |
| 1 slice bacon.....         | 25 cal.         |
| 1 pork chop.....           | 160 to 300 cal. |
| Boiled ham—av. helping.    | 250 cal.        |
| 1 sausage.....             | 60 cal.         |
| Turkey—av. helping....     | 250 cal.        |
| Lean fish like halibut.... | 120 cal.        |
| Salmon—av. helping....     | 200 cal.        |
| 1 sardine.....             | 25 cal.         |
| 1 oyster.....              | 8 cal.          |
| Lobster—av. helping....    | 90 cal.         |
| Crabmeat—av. helping..     | 100 cal.        |

### VEGETABLES

|                         |          |
|-------------------------|----------|
| Asparagus—1 stalk.....  | 5 cal.   |
| Beets—2 H. T. ....      | 30 cal.  |
| Baked beans—3 H. T. ..  | 150 cal. |
| Baked beans—home made   | 300 cal. |
| Lima beans—3 H. T....   | 130 cal. |
| String beans—2 H. T.... | 15 cal.  |
| Cabbage—3 H. T.....     | 5 cal.   |
| Carrots—3 H. T.....     | 18 cal.  |
| Cauliflower—3 H. T....  | 8 cal.   |
| Celery—6 stalks.....    | 15 cal.  |
| Radishes—6 .....        | 15 cal.  |
| Cucumber—10 slices....  | 10 cal.  |
| Lettuce—1 head.....     | 33 cal.  |
| Spinach—½ cup.....      | 25 cal.  |
| 1 cup cream sauce.....  | 145 cal. |

|                         |          |
|-------------------------|----------|
| Turnips—2 H. T.....     | 25 cal.  |
| 1 large tomato.....     | 50 cal.  |
| Mushrooms—8 oz.....     | 100 cal. |
| Green peas—3 H. T....   | 100 cal. |
| Corn—2 H. T.....        | 100 cal. |
| Ear of corn.....        | 100 cal. |
| Onions—2 large.....     | 80 cal.  |
| 1 baked potato.....     | 100 cal. |
| 1 sweet potato.....     | 200 cal. |
| 1 boiled potato.....    | 145 cal. |
| 2 H. T. mashed potatoes | 110 cal. |
| Potato chips—10.....    | 100 cal. |
| Squash .....            | 70 cal.  |
| Tomatoes—2 H. T.....    | 15 cal.  |

### FRUITS—NUTS

|                         |          |
|-------------------------|----------|
| Apple—small .....       | 50 cal.  |
| Banana .....            | 100 cal. |
| Berries—1 cup.....      | 100 cal. |
| Cantaloupe—½ .....      | 90 cal.  |
| Cherries—1 cup.....     | 100 cal. |
| Grapes—1 bunch.....     | 100 cal. |
| Grapefruit—½ .....      | 100 cal. |
| Lemon .....             | 30 cal.  |
| Orange .....            | 100 cal. |
| Peach .....             | 50 cal.  |
| Pear .....              | 90 cal.  |
| Pineapple—2 slices..... | 50 cal.  |
| Plum .....              | 30 cal.  |
| Prunes—4 with sauce...  | 100 cal. |
| 1 olive.....            | 10 cal.  |
| 1 almond.....           | 10 cal.  |
| 1 pecan.....            | 20 cal.  |
| 1 walnut.....           | 25 cal.  |
| 1 sweet pickle.....     | 25 cal.  |
| 2 T. rhubarb.....       | 130 cal. |



|                         |          |
|-------------------------|----------|
| 1 H. T. jelly.....      | 100 cal. |
| 1 fig.....              | 60 cal.  |
| Raisins—10 .....        | 80 cal.  |
| Honey—1 H. T.....       | 100 cal. |
| 1 tablespoon mayonnaise | 100 cal. |

### DESSERTS AND DAIRY FOOD

|                        |              |
|------------------------|--------------|
| Ice cream—1 tablespoon | 100 cal.     |
| Rich cake .....        | 200-300 cal. |
| 3 cookies.....         | 100 cal.     |
| Gelatine pudding.....  | 70 cal.      |
| ¼ cup pudding.....     | 170 cal.     |
| 1/6 pie—2 crusts.....  | 350 cal.     |
| 1/6 pie—1 crust.....   | 250 cal.     |
| 1/3 cup custard.....   | 100 cal.     |
| ½ waffle.....          | 100 cal.     |
| 1 ginger snap.....     | 20 cal.      |
| 1 graham cracker.....  | 35 cal.      |
| 1 soda cracker.....    | 25 cal.      |
| 1 slice bread.....     | 100 cal.     |
| 1 muffin.....          | 125 cal.     |
| 1 pancake.....         | 100 cal.     |
| 1 lady finger.....     | 35 cal.      |

|                                     |          |
|-------------------------------------|----------|
| 1 macaroon.....                     | 50 cal.  |
| 1 tablespoon thick syrup            | 100 cal. |
| 1 ball butter.....                  | 120 cal. |
| 1 cube cheese.....                  | 100 cal. |
| 1 glass milk—skim.....              | 80 cal.  |
| 1 glass milk—whole....              | 160 cal. |
| 1 tablespoon cream.....             | 50 cal.  |
| 1 tablespoon whipped<br>cream ..... | 100 cal. |
| 1 egg.....                          | 80 cal.  |

### MISCELLANEOUS

|                                        |          |
|----------------------------------------|----------|
| Cream soups.....                       | 125 cal. |
| Consomme .....                         | 15 cal.  |
| 3 T. thick gravy.....                  | 100 cal. |
| 1 T. catsup.....                       | 100 cal. |
| ½ cup rice.....                        | 100 cal. |
| 2 H. T. spaghetti.....                 | 90 cal.  |
| 2 H. T. spaghetti with<br>cheese ..... | 200 cal. |
| ½ cup popcorn.....                     | 100 cal. |
| 3 cubes sugar.....                     | 90 cal.  |
| 2 H. Teas. sugar.....                  | 100 cal. |
| 2½ teasp. peanut butter                | 100 cal. |

Av. helping—means average helping.

H. T.—means heaping tablespoon.

T—means tablespoon.



## BEVERAGES

### Grape Juice Lemonade

|                     |              |
|---------------------|--------------|
| 4 large lemons      | 2 cups sugar |
| 1 quart water       | 1 orange     |
| 1 quart grape juice |              |

#### METHOD:

Boil the sugar and water for ten minutes. Cool and stir in the grape juice and the lemon juice. Cut the orange in thin slices, then in small pieces and add the beverage.

ETHELWYNN MAGEE TIDMARSH, Xi.

### Mint Cordial

|                  |                       |
|------------------|-----------------------|
| large bunch mint | 1 pint water          |
| juice 2 lemons   | juice 2 oranges       |
| 1 cup sugar      | 1 cup pineapple juice |

#### METHOD:

Wash and pick mint leaves. Crush slightly and place in bowl with the lemon juice and let stand for two hours. Boil the sugar and water for ten minutes, and pour the mixture, boiling hot, over the mint and lemon juice. Chill, strain, and add the orange juice, pineapple juice, and more water if necessary. Serve in glass with crushed ice and place a sprig of mint in each glass.

ETHELWYNN MAGEE TIDMARSH, Xi.

### Fruit Cup

|                                |                                  |
|--------------------------------|----------------------------------|
| $\frac{1}{2}$ cup green tea    | salt                             |
| juice of two oranges           | 2 cups loganberry or other juice |
| 1 cup sugar                    | 2 cups ginger ale                |
| juice of $1\frac{1}{2}$ lemons | 2 tablespoons mint leaves        |
| $\frac{1}{2}$ cup water        | cut fine                         |

#### METHOD:

Boil sugar and water one minute and add to other ingredients. Serve with chipped ice.

HARRIET WILSON DAVY, Xi.

Knox Gelatine is Guaranteed to please or money back

**Angel Tip**

Ice

sweet grape juice

1 tablespoon sweetened whipped cream

**METHOD:**

Fill ice tea glass one-third full of crushed ice. Fill with grape juice and whipped cream and top with sprig of mint.

LELIA HARWOOD SMITH.

**Cream Egnog**

1 tablespoon sugar

2 eggs beaten separately.

 $\frac{1}{2}$  glass ( $\frac{1}{3}$  cream,  $\frac{2}{3}$  milk) salt

vanilla

**METHOD:**

Add sugar to beaten yolks and add liquid. Add one-half of whites and vanilla and put other whites on top of glass.

HELEN SHURTLEFF.



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**Knox Gelatine is the one dessert for all appetites**

### A Refreshing Drink

juice of four oranges  
juice of two lemons  
4 or 5 tablespoons of juices of five fruits

**METHOD:**

Mix and put in a two-quart pitcher. Fill with water and chipped ice.

JULIA PITKIN DAVENPORT, *Xi*.

### Chocolate

1 teaspoon chocolate grated—per person  
1 teaspoon sugar per person  
1 cup milk per person  
1 speck butter

**METHOD:**

Mix sugar and chocolate with a little water and bring to a boil. Add milk and heat, but do not boil. Remove from stove and beat with an egg beater.

GLADYS MARS BECKER, *Xi*.

### Cocoa Paste

|                      |                      |
|----------------------|----------------------|
| 1 pint boiling water | 1/3 teaspoon vanilla |
| 8 tablespoons cocoa  | pinch of salt        |

**METHOD:**

Let all come to a good boil and cook about five minutes. Keep in cool place.

HAZEL RUSSELL, *Xi*.

### Iced Cocoa

|                                  |               |
|----------------------------------|---------------|
| 3 teaspoons cocoa paste, or more | crushed ice   |
| sugar to taste                   | whipped cream |
| milk to fill glass               | vanilla       |

**METHOD:**

Put cocoa paste into a glass, gradually add milk, sugar, vanilla, and crushed ice. Mix thoroughly. Top with whipped cream.

HAZEL RUSSELL, *Xi*.

Free cook book in each package of Knox Gelatine

### Syrup for Iced Chocolate

|                            |               |
|----------------------------|---------------|
| 6 squares bitter chocolate | 2½ cups sugar |
| 6 tablespoons cocoa        | 5 cups water  |

#### METHOD:

Boil together ten minutes.

Add one teaspoon cornstarch moistened in a little water. Boil three or four minutes longer. Beat with egg beater three or four minutes. Add one-half teaspoon vanilla.

Put one or more tablespoonsful in glass, fill glass with milk. Put whipped cream on top.

LELIA HARWOOD SMITH, *Xi*.

Knox Gelatine comes in two packages—Plain and Acidulated  
(Lemon Flavor)

## SOUPS

### Southern Potato Soup

2 medium sized potatoes, diced  
salt  
tablespoon butter  
rivals (heaping tablespoon butter moistened with 1 beaten egg)  
 $\frac{1}{2}$  pint milk  
 $\frac{1}{4}$  pint cream  
parsley

#### METHOD:

Cover potatoes with boiling water and add salt and butter. When this comes to a boil add rivals which should be prepared before putting the potatoes on to cook. When potatoes are tender, add milk and cream. Stir frequently until it again reaches the boiling point, without cover on kettle. Season to taste and add parsley.

MARY LOVE COLLINS (*Grand President*).

### Cream of Potato Soup

(1)

3 cups potatoes diced  
6 slices (thin) onion  
3 stalks celery  
6 teaspoons crisco  
6 cups water  
 $1\frac{1}{2}$  teaspoon salt

(2)

6 tablespoons butter  
3 tablespoons flour  
3 cups milk  
 $1\frac{1}{2}$  teaspoon salt  
pepper

#### METHOD:

Cook potatoes, onion and celery in crisco a few minutes, add water and cook until very soft. Sieve and add part 2, the thin white sauce.

ESTHER LEAS, Xi.

The Knox Acidulated package contains Lemon Flavoring

### Croutons for Soup

Cut bread into inch slices, remove the crust. Butter the bread and cut into half inch cubes. Brown in oven.

RUTH ROSE SMITH, Xi.

### Oyster Stew

1 pint oysters  
1 pint milk

butter, salt and pepper

#### METHOD:

Wash oysters, let milk come to a boil, add butter, salt and pepper and then add oysters. Do not boil again.

FRANCES PITKIN ALLEN, Nu and Omicron.

### Cream of Chicken Soup with Oysters

2 quarts rich chicken broth      1 quart milk  
1 quart oysters

#### METHOD:

Add the oysters to broth and milk. Bring to a boil and season with salt and pepper. Will serve twelve.

RUTH ROSE SMITH, Xi.

### Cream of Spinach Soup

$\frac{1}{4}$  peck spinach      1 heaping tablespoon flour  
1 quart milk      Salt and pepper  
2 tablespoons butter       $\frac{1}{2}$  pint whipped cream

#### METHOD:

Clean and cook spinach in salted water for twenty minutes. Then chop fine or rub through a strainer. Boil milk and thicken with flour and butter rubbed together. Season to taste and add the spinach and let come to a boil. Just before serving add half pint cream whipped.

RUTH ROSE SMITH, Xi.

Use Knox Gelatine if you would be sure of results



**Canned Pea Soup**

|                     |                             |
|---------------------|-----------------------------|
| 1 can of peas       | $\frac{1}{2}$ teaspoon salt |
| 1 tablespoon butter | 1 pint milk                 |

**METHOD:**

Put peas through a sieve or fruit press. Add butter, salt and milk. Heat together thoroughly and serve with toasted crackers.

LOIS GOLTRA HEREN, Xi.

**Split Pea Soup**

|                                |                |
|--------------------------------|----------------|
| liquor from a ham bone         | A little onion |
| $\frac{1}{2}$ pound split peas |                |

**METHOD:**

Soak peas over night, cook in boiling water until soft. Drain off water and add ham liquor and onion. Cook for half hour and serve with crackers.

JULIA PITKIN DAVENPORT, Xi.

**Creole Soup**

|                                     |                                  |
|-------------------------------------|----------------------------------|
| 1 quart brown stock                 |                                  |
| 1 pint tomatoes                     |                                  |
| 3 tablespoons chopped green peppers |                                  |
| 2 teaspoons grated horseradish      |                                  |
| 2 teaspoons chopped onion           |                                  |
| $\frac{1}{4}$ cup butter            | cayenne                          |
| salt and pepper                     | $\frac{1}{4}$ cup macaroni rings |
| 1 tablespoon vinegar                | $\frac{1}{3}$ cup flour          |

**METHOD:**

Cook pepper and onion in butter five minutes. Add flour, stock and tomatoes. Simmer fifteen minutes, strain and rub through a sieve. Season lightly with salt, pepper and cayenne. Just before serving add horseradish, vinegar and cooked macaroni cut in rings.

RUTH WALLIS WAGNER, *Chi Alpha*

All you add is water and sugar to the Knox Acidulated package

### Spanish Soup

|                      |                       |
|----------------------|-----------------------|
| 1 quart chestnuts    | 1 pint milk           |
| 2 or 3 stalks celery | 1 cup cream           |
| ½ teaspoon salt      | ½ cup stock if wished |

#### METHOD:

Remove the shells from the chestnuts, immerse for a minute in boiling water then slip off the inner skin, place the chestnuts in boiling water, add the salt, and boil for twenty minutes, drain off the water and rub the nuts through a puree strainer. Meanwhile boil the celery which has been cut into strips, drain the water into the chestnut stock, add the soup stock and combine with the heated milk. It is best to whip the cream and add to the soup when serving, with a dash of paprika on top, but cream that is not thick enough to whip may be added to the soup. The milk should be heated in a double boiler and the soup should be cooked till it is very hot. Some people prefer to thicken the soup with a teaspoon of butter rubbed together with a teaspoon of flour and added to the hot mixture. If bouillon cups are used this amount will serve six persons.

ELEANOR F. LEWIS, Xi.

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**Mock Bisque Soup**

|                                    |                                     |
|------------------------------------|-------------------------------------|
| $\frac{1}{2}$ can or 2 cups tomato | 2 tablespoons butter                |
| 1 pint milk                        | $\frac{1}{2}$ tablespoon cornstarch |
| 1 teaspoon salt                    | $\frac{1}{4}$ teaspoon soda or more |
| pepper                             |                                     |

**METHOD:**

Cook tomato till soft. Scald milk with salt and pepper in double boiler. Make thickening with half the butter, all of the cornstarch and part of the milk and add to rest of milk. Put in the other tablespoon butter and cook ten minutes, stirring constantly.

Add soda to tomato, until gas ceases to come from it. Have it and the milk hot. Then strain it into the milk, first taking out the upper part of double boiler, to prevent curdling.

HAZEL RUSSELL, *Xi*.

**Chicken Soup**

|                                |                     |
|--------------------------------|---------------------|
| 1 large Spanish onion          | 3 tablespoons flour |
| 1 quart chicken stock          | 1 bottle cream      |
| grated cheese and green pepper |                     |

**METHOD:**

Fry onion in butter until soft. Pour on chicken stock and cook half hour. Strain and thicken with flour. Season, add cream, sprinkle grated cheese and chopped green pepper.

OPHELIA WHITE RUSSUM, *Psi*.

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# JONES

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## Jones Dairy Farm

Fort Atkinson, Wis.

## MEATS AND FISH

### GENERAL RULES FOR MEAT:

Meat when it comes from market should be removed at once from paper in which it is wrapped, weighed, put in cold place until used. Before cooking it should be trimmed if necessary, and wiped with damp cloth.

Only tender cuts of meat should be broiled, pan broiled or roasted. When meat is to be cooked by any of these methods, it is to be first seared then the temperature slightly lowered. By searing the albumin the outside of the meat is hardened and the meat is cooked in its own juices.

For roasts of beef weighing less than eight pounds, allow ten minutes to the pound and ten minutes extra. From eight to twelve pounds allow twelve minutes to the pound and twelve minutes extra. Over twelve pounds allow fifteen minutes to the pound and fifteen minutes extra.

For roasting mutton or lamb allow twenty minutes to twenty-five minutes for each pound and twenty minutes extra. Baste every fifteen minutes. For roasting veal or pork, allow twenty-five to thirty minutes for each pound and twenty-five minutes extra. Baste every fifteen minutes.

RUTH WALLIS WAGNER, *Chi Alpha*.

### Home-Made Chop Suey

1½ pounds lean beef cut into small pieces

1 pound fresh pork cut into small pieces

#### METHOD:

Brown in butter in large frying pan. Then add one or two bunches of celery cut up, three large onions which have been sliced, and browned separately, salt and pepper, two cups tomatoes, mushrooms if desired. One-half bottle chop suey sauce. Put a cover on the pan and cook very slowly about two and one-half hours. It may be necessary to add a little hot water. When nearly done thicken a little.

HARRIET WILSON DAVY, *Xi*.

Dainty Recipes in each Knox Gelatine package

**Chop Suey**

½ pound each of lamb, veal, and pork  
 6 good sized onions  
 1 cup celery  
 1½ large tablespoons of molasses  
 1 large cup mushrooms.

**METHOD:**

Take one-half pound of each lamb, veal and pork. Cut in small pieces. Take six good sized onions, cut fine and fry in deep fat until light brown. Remove onions to a side dish, then fry meat in onion juice a little while. Add onions, one cup of celery, one and one-half tablespoons of molasses and one cup mushrooms, Barely cover with water, add salt and pepper. Simmer slowly and carefully for forty-five minutes. Serves six people.

LOUISE VATER, *Xi*.

**Spanish Stew**

|                      |                   |
|----------------------|-------------------|
| 1 pound hamburger    | red pepper        |
| 2 onions             | ¾ cup cooked rice |
| 1 small can tomatoes | 1 green pepper    |

**METHOD:**

Cook hamburger for one-half hour, add onions, tomatoes, rice and green pepper and cook for one more hour. Add red pepper and salt to taste.

WANDA T. BOWMAN, *Lambda*.

**Swedish Meat Cakes**

|                                   |                          |
|-----------------------------------|--------------------------|
| 1 pound round steak, ground twice |                          |
| 1 tablespoon flour                | Salt and pepper to taste |
| 1 well beaten egg                 | 1½ cups milk             |

**METHOD:**

Take the meat, mix the other ingredients well into it. Drop tablespoonfuls into heated fat (dripping or lard) and brown quickly. Then put into one quart of boiling water and simmer for

**Knox Acidulated Gelatine saves the cost, time, and bother of squeezing lemons**

one hour. Thicken gravy and pour over cakes on platter. Add mushrooms or peas to gravy.

ESTELLE SCHOONOVER, Xi.

### Peanut Loaf

|                                     |                                 |
|-------------------------------------|---------------------------------|
| 1 cup stale bread crumbs            | $\frac{1}{2}$ teaspoon salt     |
| 1 cup chopped celery                | $\frac{1}{4}$ teaspoon pepper   |
| 1 cup chopped peanuts               | $\frac{1}{4}$ cup melted butter |
| 1 small onion chopped fine          |                                 |
| enough hot milk to mold into a loaf |                                 |

#### METHOD:

Mix breadcrumbs, peanuts, celery, salt, pepper, and onion with enough melted butter and milk to mold into a loaf. Place in oblong buttered Pyrex dish or loaf tin. Bake in a moderate oven for an hour, basting often with hot water and melted butter. Turn from mold to a hot platter and serve with a white sauce. Serves four persons.

ELEANOR LEWIS, Xi.

### Chili

|                                  |                         |
|----------------------------------|-------------------------|
| 1 $\frac{3}{4}$ pounds hamburger | 1 stalk celery cut fine |
| 1 can kidney beans               | 2 large onions          |
| 1 can tomato soup                |                         |

#### METHOD:

Sear meat well and add other ingredients. Cook for two hours. Serve with boiled rice. Will serve four.

BOBBIE SHURTLEFF COLE, Xi.

### Flank Steak and Potatoes

Pound flour into flank steak and place in bottom of casserole. Salt and pepper. Add sliced potatoes to cover, salt, onions and one can of tomatoes. Bake for two hours slowly. Will serve four generously.

JULIA PITKIN DAVENPORT, Xi.

**Knox Gelatine is highest quality and worth its price**



### Flank Steak

Wash, dry, and dust with salt, pepper and flour. Then brown in frying pan in butter. When brown cover meat with boiling water and simmer for one hour or more. Add one tablespoon catsup, or one teaspoon Worcestershire sauce or bay leaf.

GLADYS MARS BECKER, *Xi*.

### Braised Flank Steak

Take two flank steaks (or cut one in two). Between them put one stalk celery, two medium sized onions chopped fine, add salt and pepper. Pour one quart cooked tomatoes over this and bake in slow oven at least one hour.

HARRIET DAVY, *Xi*.

### Spanish Steak

|                       |                |
|-----------------------|----------------|
| 1½ pounds round steak | 1 cup tomatoes |
| 2 small onions        | 1 green pepper |

#### METHOD:

Cut steak in serving pieces and cut flour into each piece. Place plenty of lard in spider and brown steak in hot lard. Add as much water as you wish for gravy. Add onions, pepper and tomatoes one-half hour before taking up. Cook a good hour altogether. Add salt and pepper.

WANDA F. BOWMAN, *Lambda*.

### Pigs in Blankets

|                                        |                   |
|----------------------------------------|-------------------|
| 1 pound raw beef run through a grinder |                   |
| ¼ pound raw pork run through a grinder |                   |
| 1 teaspoon pepper                      | 1 green pepper    |
| 2 cups boiled rice                     | 1 head of cabbage |
| 1 onion                                |                   |

#### METHOD:

Mince and brown the onion and the pepper in a teaspoonful of butter, add to the meat, seasonings, and rice, fill cabbage leaves with the mixture, tie the leaves together with stout white thread,

Where recipes call for Gelatine use Knox Sparkling Gelatine



immerse in a large kettle of boiling water and boil for half an hour. Drain off the water, place in a buttered pan in a hot oven and brown for twenty minutes. A teaspoonful of brown sugar may be sprinkled over each cabbage blanket. To be eaten out of the blankets.

ELEANOR F. LEWIS, *Xi*.

### Swedish Meat Loaf

|                   |                            |
|-------------------|----------------------------|
| 1 ½ pounds beef   | 1 pound veal               |
| ½ pound salt pork | 3 eggs                     |
| 2 cups milk       | 4 thick slices stale bread |

#### METHOD:

Have the meat put through the grinder at least twice. Mix in the eggs and then the bread which has been soaked in the milk and mixed until all soft. Add salt and pepper to taste and also the juice of an onion, if desired. Beat the whole mixture until very light, about ten minutes, and then place in buttered pan and bake in a very slow oven for two and a half hours. This serves ten people.

DOROTHY WILSON, *Xi*.

### Meat Loaf

|                                            |                   |
|--------------------------------------------|-------------------|
| 2 ½ pounds of beef (round steak preferred) |                   |
| ¾ pound of pork chops                      |                   |
| 2 cups of bread crumbs moistened with      |                   |
| 1 ½ cups hot milk (cool)                   | 1 pinch ginger    |
| 1 egg                                      | 2 teaspoons salt  |
| 1 small onion minced                       | ½ teaspoon pepper |

#### METHOD:

Mix thoroughly, form into a square loaf and bake about one and one-half hours. Put a little water in the pan and bits of butter on top before putting into the oven. Baste occasionally.

GLADYS CARLSON SCOTT, *Xi*.

Knox Gelatine solves the problem of "What to have for dessert?"

**Meat Loaf**

|                             |                        |
|-----------------------------|------------------------|
| 2 pounds round steak—ground |                        |
| 1 cup cracker crumbs        | 2 level teaspoons salt |
| 1 cup strained tomato juice | 1 level teaspoon sugar |
| 2 eggs                      | pepper                 |
| ½ cup melted butter         | Bake an hour           |

**METHOD:**

When making meat loaf add a cup of cooked rice and the loaf will be moist and slice easily.

THETA ALPHA.

**Ham Loaf**

|                                 |                  |
|---------------------------------|------------------|
| 2 pounds ground ham—not too fat |                  |
| 1 pound pork loin (lean)        | 1 cup sweet milk |
| 2 eggs beaten                   | pepper           |
| 1 cup cracker crumbs            |                  |

**METHOD:**

Turn over it one cup of tomato juice. Bake in moderate oven. Watch, as tomato may burn. Or spread brown sugar over the top and stick in cloves.

ELIZABETH SHELDON CLAYPOOL,  
HARRIET WILSON DAVY, *Xi*.

**Ham and Veal**

Put a slice of ham into a frying pan and brown on both sides. Remove the ham from the pan and put a slice of veal round, floured, in the fat which has fried out from the ham. Remove the veal which has been cooked on both sides and make a milk gravy by adding flour to the fat and cold milk. Stir until this thickens, return the ham, then the veal to the pan. Season, cover and cook slowly for three-quarters of an hour. This final process may be completed in the oven or over the simmerer.

JANET BOWMAN, *Xi*.

Knox Acidulated Gelatine—no bother—no trouble—no squeezing lemons

### Scalloped Ham and Apples

- |                                |                                 |
|--------------------------------|---------------------------------|
| 1 slice ham, or two small ones |                                 |
| 3 tart apples                  | 8 or 10 cloves                  |
| $\frac{1}{3}$ cup brown sugar  | $\frac{1}{2}$ cup boiling water |

#### METHOD:

Brown the ham in a spider, place in a buttered baking dish on a layer of apple slices over which the brown sugar has been sprinkled, stick the cloves in the ham, cover with another layer of apples, sprinkle with the rest of the sugar, pour the water over the whole, and bake in a moderate oven for a half hour. Serve in the same dish. Serves four persons.

ELEANOR F. LEWIS, *Xi*.

### Swedish Baked Ham

Soak ham in cold water over night. Pour off water and boil in fresh water fifteen minutes. Simmer three hours. Cool in juice. Take rind off and spread over ham.

- Beaten white of one egg
- 1 tablespoon mustard
- 2 teaspoons sugar
- 2 tablespoons toasted bread crumbs
- Bake  $\frac{1}{2}$  hour.

FRANCES PITKIN ALLEN, *Nu*.

### Breaded Tongue

- |             |                |
|-------------|----------------|
| Beef tongue | Cracker crumbs |
| 1 egg       | Tomato sauce   |

#### METHOD:

Boil tongue until tender, remove skin and cut tongue into neat slices. Roll first in beaten egg, then in fine cracker crumbs. Fry until brown and serve hot with tomato sauce.

LELIA HARWOOD SMITH, *Xi*.

Each package of Knox Gelatine makes Four Pints of jelly

### Baked Ham

Soak over night. Boil fifteen minutes. Skin.

Make a paste of flour and water and cover all over fat part of ham. Bake a large ham from four to five hours. Remove flour crust and cover with brown sugar and cloves. Bake one-half hour.

GLADYS MARS BECKER, *Xi*.

### Broiled Ham or Pork Chops and Scalloped Potatoes

4 slices ham, or

6 medium-sized potatoes

4 pork chops

$\frac{1}{2}$  cup thin white sauce

#### METHOD:

Broil either the ham or the pork chops under a hot flame until they are seared over, season with salt and pepper, then combine in alternate layers with the potatoes which have been pared and sliced thin and arranged in a buttered baking dish. Pour the white sauce and the thin gravy from the meat through the dish, place a cover over the dish, bake slowly for an hour then uncover and bake for a half-hour. Serves three or four persons.

ELEANOR F. LEWIS, *Xi*.



### Chicken Curry

2 cups chicken meat diced

2 cups stock

$\frac{1}{2}$  cup celery diced

$\frac{1}{2}$  cup potatoes diced (raw)

$\frac{1}{2}$  cup peas

1 tablespoon green pepper in shreds

1 small onion sliced thin

1 teaspoon curry powder (Crosse and Blackwell's is best)

1 tablespoon butter

$\frac{1}{4}$  teaspoon salt

#### METHOD:

Brown the onion and the pepper in the butter, add the stock, salt, celery, and then the potatoes, simmer for fifteen minutes. Finally add the peas and chicken, stir the curry powder in a

Use Knox Gelatine—the Four Pint package

teaspoonful of the hot stock, and let simmer for ten minutes. Stir as little as possible. Serve with hot boiled rice and India chutney (Major Grey's chutney is best). To boil rice in East Indian fashion, wash one cupful of rice three times in cold water, drain, and when dry sprinkle a few grains at a time into three quarts of bubbling, boiling, salted water. Do not cover but boil rapidly for fifteen minutes. Pour through a colander and place in a heated dish. Serves six persons.

ELEANOR F. LEWIS, *Xi*.

### Meat Pie

#### *Filling*

- 2 pounds beef, veal, or chicken
- 2 large potatoes
- 1 large onion
- 1 cup celery
- $\frac{1}{4}$  cup parsley
- $\frac{3}{4}$  cup carrot

#### *Crust*

- 1 $\frac{1}{2}$  cups flour
- 3 teaspoons baking powder
- 1 teaspoon salt
- $\frac{3}{4}$  cup milk
- 2 tablespoons shortening

#### METHOD:

Cut meat into small pieces; add water to cover and boil rapidly for fifteen minutes; then simmer until tender. Put meat into baking dish and pour over gravy made by using two tablespoons flour to each cup of liquid left from meat. Add cooked diced vegetables and season. Cover with baking powder crust rolled one-half inch thick. Bake twenty minutes in hot oven. Will serve eight.

JANE PRUDEN TOTTEN, *Xi*.

Four separate Desserts or Salads from one Package of Knox Gelatine

**Stuffed Roast Veal**

3 to 4 pounds shoulder of veal  
 dressing (dry bread, bacon drippings, onion mixed with hot water to desired consistency).

**METHOD:**

Have butcher cut a pocket in veal. Fill pocket with dressing. Flour and place in hot pan in hot oven and sear well. Add a little water to keep from burning and bake slowly at least two hours.

Pork chops may be cooked in the same fashion.

FRANCES PITKIN ALLEN, *Nu and Omicron*.

**Veal Birds**

|                                             |                   |
|---------------------------------------------|-------------------|
| 1 ½ pounds of veal steak (medium thickness) |                   |
| ½ pound bacon                               | ¼ teaspoon salt   |
| 1 egg                                       | ¼ teaspoon pepper |
| ½ loaf white bread                          |                   |

**METHOD:**

Cut veal in two or three inch strips. Flake interior of the loaf of bread out with a fork and mix lightly with beaten egg. Add seasoning. Roll one and one-half tablespoons of dressing in a strip of veal. Cut strip of bacon down center and wrap the two pieces artistically around veal. Fasten with toothpicks. Brown in frying pan. Then cover with water and allow to cook slowly one hour. Cover frying pan with lid. Serve with brown gravy.

ELINOR FLANNERY, *Xi*.

**Veal Birds**

|                                   |              |
|-----------------------------------|--------------|
| 2 pounds veal steak cut very thin |              |
| ½ pound bacon                     | bread crumbs |
| 1 egg                             | milk         |
| salt                              | toothpicks   |

**METHOD:**

Cut veal steaks in strips about the width of the bacon and one inch shorter. Dip the veal in beaten egg and then in crumbs, place on a strip of bacon and roll both together. Fasten with two

Knox Gelatine makes a transparent, tender, quivering jelly

toothpicks, one at each end and place in baking dish. Almost cover with milk and bake in a moderate oven one and one-half hours. May be served either hot or cold. Will serve six to eight people.

LOIS GOLTRA HEREN, Xi.

### Escalloped Veal

|                                                          |                    |
|----------------------------------------------------------|--------------------|
| 3 pounds of veal seasoned                                | 1 cupful milk      |
| 1 tablespoon butter                                      | 1 cup bread crumbs |
| 1 tablespoon flour                                       |                    |
| $\frac{1}{4}$ to $\frac{1}{2}$ pound grated cream cheese |                    |

#### METHOD:

Stew the veal down in liquor and cut in small pieces when cold. Make a sauce of blended flour and butter with milk and mix with veal. Sprinkle bread crumbs over the mixture and finally sprinkle the grated cheese over all. Bake until golden brown. Serves twelve.

ORLETTA RIDEOUT BENNETT, Xi.

### Baked Calves Hearts

Four hearts, wash and remove all fibrous tissue. Fill with stuffing (see below), salt, roll in flour and sear. Pour one pint of boiling water over hearts, add salt, pepper and butter, and bake in oven two or three hours. Baste with liquid in pan frequently.

#### *Stuffing*

One-half loaf bread broken in pieces, one onion cut up, a little rubbed sage and poultry seasoning. Pour a little boiling water over above and mix well. Will serve six.

JULIA PITKIN DAVENPORT, Xi.

### Fried Chicken

After cutting up and washing chicken, dip in flour and brown nicely in butter or other fat. Put in a covered roaster after putting in the bottom of the pan a few stalks of celery and a few slices of onion. Season to taste. Add a very little boiling water. Bake slowly a long time until chicken is very tender.

HARRIET WILSON DAVY, Xi.

**Knox stands for Quality and Quantity in Gelatine**



**Veal Cutlets Breaded**

Three veal chops or steaks. Pound flour into these and then roll in beaten egg and cracker crumbs. Salt and pepper well and fry slowly. When quite brown, add a little milk and cook until milk is absorbed. Will serve four.

JULIA PITKIN DAVENPORT, Xi.

**Escalloped Oysters**

|                      |                     |
|----------------------|---------------------|
| 1 pint oysters       | ½ cup melted butter |
| 1 cup cracker crumbs |                     |

**METHOD:**

Mix the crumbs in the melted butter and then put in the oysters. Bake until crispy brown.

HELEN SHURTLEFF, Xi.

**Oysters a L'ancienne**

Drain and put oysters into a baking dish. Sprinkle with salt, pepper, and lemon juice. Lay one or two strips very thinly cut bacon across top and bake in hot oven for four minutes.

ELEANOR F. LEWIS, Xi.

**Salmon Loaf**

|                          |                             |
|--------------------------|-----------------------------|
| 1 can salmon (large)     | 3 tablespoons melted butter |
| 2 eggs (well beaten)     | 1 cup cracker crumbs        |
| salt and pepper to taste |                             |

**METHOD:**

Pour liquid from can of salmon (save it). Add melted butter to salmon, then well beaten eggs and bread crumbs, salt and pepper. Mix well. Put in bread pan and steam one hour.

**Sauce**

|                            |                       |
|----------------------------|-----------------------|
| 1 pint sweet milk          | 1 teaspoon cornstarch |
| liquid from fish           | 1 egg yolk            |
| 1 tablespoon tomato catsup | dash of red pepper    |

**METHOD:**

Pour milk in double boiler. Add dissolved cornstarch, then fish liquid and beaten egg yolks and catsup.

EVELYN ROSE, Xi.

Desserts can be made in a short time with Knox Gelatine



**Baked Fish—Southern Style**

Any large fish may be used. Cover with canned tomato, water if necessary, one onion, salt, little lemon, parsley, butter, lard, and a little flour sprinkled over all. Bake until soft.

HAZEL RUSSELL, *Xi*.

**Curried Oysters**

|                            |                                      |
|----------------------------|--------------------------------------|
| 1 quart oysters            | 1 gill oyster water                  |
| $\frac{1}{4}$ pound butter | 1 teaspoon lemon juice               |
| 1 teaspoon cornstarch      | $\frac{1}{2}$ teaspoon tobasco sauce |
| 1 tablespoon curry powder  | 1 gill milk                          |

**METHOD:**

Scald oysters in one pint water and drain. Dry thoroughly and set aside in a shallow dish. Mix together butter, cornstarch, curry powder, oyster water, lemon juice and tobasco sauce. Heat slowly in a saucepan and add gradually one gill of milk. Stir well and add salt and cayenne. When smooth, add the oysters and cook for five minutes.

ETHEL SWITZER HOWARD, *Xi*.

**Baked Halibut**

|                        |                           |
|------------------------|---------------------------|
| large piece of halibut | handful of pepper berries |
| fresh pork             | mace                      |
| 2 bay leaves           |                           |

**METHOD:**

Wash and dry halibut. With a sharp knife slit skin in strips about every two inches and insert a strip of fresh pork under each slit. Place in roaster on several slices of pork. Cover with the bay leaves, berries and a sprinkling of mace. Dredge fish with flour and season well. Pour about a pint of hot water in pan and bake slowly for three-fourths hour, to an hour.

HARRIET WILSON DAVY, *Xi*.

A Knox Gelatine Dessert or Salad is attractive and appetizing

**Salmon Puffs**

|                                     |                                     |
|-------------------------------------|-------------------------------------|
| can of salmon                       | 1 tablespoon butter                 |
| salt                                | $\frac{1}{2}$ cup fine bread crumbs |
| pepper                              | 3 well beaten eggs                  |
| 1 tablespoon lemon juice or vinegar |                                     |

**METHOD:**

Butter teacup and fill two-thirds full with above mixture. Place in dripping pan containing hot water and bake twenty or thirty minutes. Turn out on platter and garnish with parsley. Serve with following sauce:

2 well beaten eggs  
 $\frac{1}{2}$  cup hot sweet cream  
 salt, pepper and 1 tablespoon lemon juice

**METHOD:**

Pour cream over eggs, set in boiling water and stir until it thickens. Season with salt, pepper and lemon juice.

JULIA PITKIN DAVENPORT, *Xi*.

**Salmon Croquettes**

|                         |                             |
|-------------------------|-----------------------------|
| 2 cups cold boiled rice | $\frac{1}{2}$ teaspoon salt |
| 1 can salmon            |                             |

**METHOD:**

Drain oil from salmon and pick out bones, work with hands, add salt and shape. Break and beat two eggs, and dip croquettes in; then roll in crumbs and fry in fat.

ELSIE PRATT MILLER, *Lambda*.

**Panned Oysters**

Take one pint oysters. Put two tablespoons butter into a saucepan and when hot, add the oysters. Cook until the edges begin to curl, then add one gill cream, salt and cayenne. Serve on toast.

ELEANOR F. LEWIS, *Xi*.

Knox Gelatine is economical—one package makes Four Pints of jelly

### Oysters a la Newberg

Melt one tablespoon butter in chafing dish and stir in one-half tablespoon flour. When these are blended, add gradually one cup cream and beat smooth and glossy. Then add one quart oysters, previously drained and cut into quarters. When heated through, add one teaspoon salt, one-fourth teaspoon cayenne. Stir well, and then add beaten yolks of two eggs. Serve at once from chafing dish.

ELEANOR F. LEWIS, *Xi*.

### Salmon Soufflé

- 1 large can salmon
- ¼ package crackers, rolled
- 3 beaten egg yolks
- 3 whites of eggs
- seasoning
- 1 cup milk

#### METHOD:

Soak crackers in a little milk. Add beaten egg yolks and seasoning. Flake salmon and add first mixture. Fold in whites of eggs beaten stiff. Bake one-half hour. Serves six.

LELIA HARWOOD SMITH, *Xi*.

Try the Knox Gelatine recipes found in this book







## EGGS

### Egg Suggestions

Aux Crevettes, with Shrimps—Shrimps cut in squares and mixed with eggs.

Au Fromage—Plain scrambled eggs when cooked add some grated Parmesan Cheese.

A la Lyonnaise—Onions minced finely, smothered in butter and mixed with eggs.

A la Mornay—Mushrooms and Shrimps cut in dice and mixed with eggs.

A la Oriental—Eggs cooked with Anchovy butter, dished up over tomatoes cut in halves and baked in the oven.

A la Bayonnaise—Sliced ham on dish, eggs on top. When cooked, cover with tomato sauce.

Aux Champignons—Eggs cooked plain, garnished with mushrooms, sliced and stewed in Brown Sauce.

A la Agostini—Egg served on bed of plain rice surrounded by tomato sauce.

A la Bostonienne—Eggs served on small, round fish cakes, surrounded with cream sauce.

HAZEL RUSSELL, *Xi*.

### Eggs Marnay

|                      |                                 |
|----------------------|---------------------------------|
| 4 eggs               | 1 cup milk                      |
| 2 tablespoons butter | $\frac{1}{3}$ cup grated cheese |
| 3 teaspoons flour    | 1 egg yolk                      |

#### METHOD:

Break eggs into individual buttered ramekins. Cover with cream sauce and sprinkle with grated cheese, salt and pepper. Bake until firm.

ETHELWYNN MAGEE TIDMARSH, *Xi*.

Knox Gelatine—Economy with highest Quality

**Surprise Eggs**

|                                 |              |
|---------------------------------|--------------|
| 6 hard-boiled eggs              | Bread crumbs |
| Salt, pepper                    | 1 beaten egg |
| Onion juice                     | water cress  |
| 2 tablespoons ground meat       |              |
| mushroom, cream or tomato sauce |              |

**METHOD:**

Cut eggs lengthwise, remove yolks, mash and moisten with a little cream and season with salt, paprika, lemon juice and any ground meat. Pack the mixture back into the whites, fit the pairs together and stick with toothpicks. Dip in beaten egg and then in breadcrumbs and fry in deep fat until brown. Place on a bed of water cress and cover with cream sauce.

JANET BOWMAN, *Xi*.

**Scrambled Eggs and Tomato**

|                                                  |        |
|--------------------------------------------------|--------|
| 2 tablespoons butter                             |        |
| 1 tablespoon each chopped green pepper and onion |        |
| $\frac{1}{4}$ cup cooked tomato                  | 4 eggs |
| $\frac{1}{2}$ teaspoon salt                      |        |

**METHOD:**

Melt butter, add pepper and onion, tomato and salt. When hot add eggs well beaten. When scrambled serve on toast.

JULIA PITKIN DAVENPORT, *Xi*.

**Egg Foy Yong**

|                                        |
|----------------------------------------|
| 1 egg per person                       |
| 1 slice cold boiled ham per person     |
| salt                                   |
| onion                                  |
| 1 tablespoon bread crumbs (for 3 eggs) |

**METHOD:**

Chop onion and ham, add beaten egg and crumbs and salt. Cheese if desired. Fry in cakes.

EDNA LOOMIS STOCKDALE, *Xi*.

Knox Gelatine is the one dessert for all appetites



**Puffed Eggs**

Drop whole eggs in hot deep fat, serve on nest of French fried potatoes.

ORLETTA RIDEOUT BENNETT, *Omicron*.

**Eggs a la Goldenrod**

1 egg

1 slice toast

$\frac{1}{2}$  cup white sauce

**METHOD:**

Place egg in boiling water and boil until hard. Chop the white finely and add to white sauce. Place the toast on a plate and pour white sauce over it. Force yolk through a sieve and sprinkle on top.

WANDA T. BOWMAN, *Lambda*.

**Egg Cutlets**

1 cup milk

salt and pepper

1 tablespoon butter

2 tablespoons flour

1 tablespoon chopped parsley

1 teaspoon grated onion

3 chopped hard boiled eggs

**METHOD:**

Cream the flour and butter, add salt, pepper, and finally add milk gradually to form a cream sauce. Take from fire, add parsley, onion and eggs. When cold form in flat cakes, dip into beaten egg and bread crumbs and fry in deep fat. Serve with French peas.

HARRIET WILSON DAVY, *Xi*.

See that the name K-n-o-x is on each package of  
gelatine you buy

# IMPORTANT

Proper salting is most important to the success or failure of your recipes.

Different kinds of salt vary widely in their flavor and economy.

Be sure the salt you get is

## MORTON'S SALT



## VEGETABLES

### Baked Beans

3 cups of beans, soaked over night, and parboiled, and put in  
a bean pot

|                         |                               |
|-------------------------|-------------------------------|
| 1 small onion           | 2 tablespoons molasses        |
| 2 tablespoons bacon fat | salt                          |
| 1 can tomato soup       | $\frac{1}{2}$ teaspoon ginger |

#### METHOD:

Keep covered with water all during cooking and cook slowly in oven all day.

BETA CHAPTER.

### Oak Hill Potatoes

|                         |                                   |
|-------------------------|-----------------------------------|
| 6 medium-sized potatoes | $\frac{1}{2}$ cup buttered crumbs |
| 4 eggs hard cooked      | white sauce                       |

#### METHOD:

Cut potatoes and eggs in one-fourth inch slices. Arrange layers of potatoes in buttered baking dish, sprinkle with salt and pepper, cover with layer of egg. Repeat and pour over them the white sauce, cover with buttered crumbs and bake until crumbs are brown.

RUTH WALLIS WAGNER, *Chi Alpha*.

### Potatoes, O'Brien Au Gratin

|                                             |                                    |
|---------------------------------------------|------------------------------------|
| $2\frac{1}{4}$ cups diced potatoes (cooked) |                                    |
| 1 cup grated cheese                         | $\frac{1}{2}$ cup dry bread crumbs |
| 1 minced green pepper                       | salt and pepper to taste           |
| $1\frac{1}{2}$ cups white sauce             |                                    |

#### METHOD:

Heat the white sauce, add the cheese and pepper, and cook until tender. Season and add potatoes, cover with the crumbs, cover with a hot lid and let it cook with low heat for five minutes.

ELSIE PRATT MILLER, *Lambda*.

Free cook book in each package of Knox Gelatine

### Sweet Potato Delicacy

- |                                          |                   |
|------------------------------------------|-------------------|
| 4 large sweet potatoes boiled and mashed |                   |
| 1 cup milk                               | 1 cup pecan meats |
| 1 egg                                    | marshmallows      |
| 3 tablespoons butter                     |                   |

#### METHOD:

Mix mashed potatoes and milk to a creamy consistency, add egg, butter and nuts. Bake twenty minutes in buttered dish and then cover top with marshmallows and bake ten minutes more.

HARRIET WILSON DAVY, *Xi*.

### Southern Style Sweet Potatoes

- |                     |                      |
|---------------------|----------------------|
| 6 sweet potatoes    | 2 tablespoons butter |
| 3 tablespoons sugar |                      |

#### METHOD:

Pare potatoes and cut in half. Put butter and sugar in frying pan and when hot add potato. When potatoes are brown add enough water to cover the bottom of the frying pan. Cover and cook slowly until potatoes are tender.

GLADYS MARS BECKER, *Xi*.

### Sweet Potatoes and Apples

- |                        |              |
|------------------------|--------------|
| 6 large sweet potatoes | brown sugar  |
| 6 tart apples          | marshmallows |
| butter                 |              |

#### METHOD:

Boil potatoes until almost done, peel and slice one layer into buttered baking dish. Dot with butter, sprinkle with brown sugar and add layer of thinly sliced apples. Repeat until dish is full. Bake in moderate oven. Just before serving top with marshmallows and put back in oven to swell and brown.

KATHERINE BENEDICT PETH, *Xi*.

Knox Gelatine is measured ready for use—two envelopes in each package

### Candied Sweet Potatoes

8 sweet potatoes pared and cut in half lengthwise.

|                   |                             |
|-------------------|-----------------------------|
| salt              | $\frac{1}{3}$ cup butter    |
| syrup made of:    | $\frac{1}{2}$ cup hot water |
| 1 cup brown sugar |                             |

#### METHOD:

Cook potatoes until nearly tender. Drain and salt, then place in shallow pan and pour the sauce over them and bake in a slow oven for one hour.

JESSIE WHITING AXELSON, *Xi*.

### Potato Patties

|                         |                     |
|-------------------------|---------------------|
| 6 medium sized potatoes | 2 tablespoons flour |
| 1 egg                   |                     |

#### METHOD:

Boil and mash potatoes. Break in the egg, add the flour and mix all together. Mold into patties, being sure to flour spoons and fry slowly.

RUTH ROSENGREN, *Xi*.

### Potato Croquettes

6 potatoes  
2 tablespoons cream  
butter size of an egg  
beaten yolks of 2 eggs—whites of 2 eggs  
finely chopped parsley  
1 onion chopped fine

#### METHOD:

Boil and mash potatoes, add cream, butter, eggs, parsley, and onion. Dust with nutmeg, salt and pepper. Roll in cracker crumbs, and egg whites and again in cracker crumbs. Fry in deep fat.

FRANCES PITKIN ALLEN, *Nu*.

**Knox Sparkling Gelatine** makes dainty desserts for dainty people

**French Fried Onions**

Use onions that are about one inch in diameter. Peel off the outer skin, French fry as you would potatoes. Serve with meat.

HARRIET WILSON DAVY, *Xi*.

**Baked Lima Beans**

|                                |                    |
|--------------------------------|--------------------|
| 1 pound dried lima beans       | 1 onion            |
| $\frac{1}{2}$ teaspoon mustard | 10 cents salt pork |
| 2 tablespoons molasses         | salt               |

**METHOD:**

Soak beans over night. Boil until almost tender (pouring off liquid and boil again). Add salt, mustard, molasses, onion chopped fine, brown sugar if desired and a little water if dry, add pork and bake an hour.

FRANCES PITKIN ALLEN, *Nu*.

**Brussels Sprouts**

|               |                 |
|---------------|-----------------|
| 1 box sprouts | salt and pepper |
| butter        |                 |

**METHOD:**

Pick the yellow outside leaves off and let stand in cold water, to crisp up and freshen before using, for an hour. Cook in boiling salted water for twenty minutes, drain and serve with melted butter, salt and pepper. Can also be served with a white sauce.

RUTH ROSE SMITH, *Xi*.

**Sweet-Sour Cucumbers (Vegetable)**

|                         |                      |
|-------------------------|----------------------|
| 1 medium sized cucumber |                      |
| 1 medium sized onion    | 1 tablespoon vinegar |
| 1 cup sour cream        | 1 tablespoon sugar   |

**METHOD:**

Slice cucumbers, let stand in salt an hour. Slice onion with cucumber. Mix cream, vinegar and sugar and pour over cucumbers. Chill and serve.

BERNICE WAITE, *Xi*.

Give the growing children Knox Sparkling Gelatine

**Escalloped Okra and Tomatoes**

4 cups okra pods steamed and tipped and sliced crosswise  
2½ cups tomatoes  
1 teaspoon salt  
¼ cup butter  
grated onion to flavor slightly  
⅛ teaspoon pepper and cayenne

**METHOD:**

Put vegetables into stewpan in alternate layers. Sprinkle with salt, pepper and cayenne. Heat to the boiling point and let simmer. Turn into buttered baking dish cover with buttered bread crumbs and bake twenty-five minutes in a hot oven. Serve with fried chicken or roast veal.

DOROTHEA L. RAPP, *Xi*.

**Southern Corn Pudding**

2 eggs slightly beaten  
1 can of corn  
1½ cups milk  
1 tablespoon melted butter  
1½ teaspoons salt  
1 tablespoon sugar  
½ teaspoon pepper

**METHOD:**

Mix and put in buttered pan. Bake slowly until set.

BOBBY SHURTLEFF COLE, *Nu*.

**Corn Oysters**

|                   |                 |
|-------------------|-----------------|
| 1 pint corn       | ¼ cup cream     |
| 1 egg well beaten | 1 teaspoon salt |
| 1 cup of flour    |                 |

**METHOD:**

Mix all well together and drop into hot fat.

HELEN SHURTLEFF, *Xi*.

**Knox Sparkling Gelatine improves Soup and Gravies**



### Baked Sweet Potato Squash

Cut small squashes in half. Clean out the seeds, tie the halves together and bake for an hour. Take from the oven, untie the strings and serve in the shells with plenty of butter.

LOIS GOLTRA HEREN, Xi.

### Baked Eggplant

|                         |                           |
|-------------------------|---------------------------|
| a medium sized eggplant | level teaspoon salt       |
| beaten egg              | rounding tablespoon flour |
| 1 can tomatoes          | cheese                    |
| 1 small onion           | cracker crumbs            |
| 1 green pepper          |                           |

#### METHOD:

Peel eggplant, cut in slices one-fourth inch thick and let stand one hour and a half in salted water. Drain, roll in beaten egg and cracker crumbs and fry slowly until soft about ten minutes. Prepare a tomato sauce of tomatoes, onion, green pepper cut fine, salt, flour smoothed with a little water. Cook slowly one-half hour. Place a slice of breaded eggplant in a baking dish then a layer of tomato sauce and then small cut pieces of cheese. Repeat. Put a little water in pan to keep from burning. Bake slowly forty-five minutes.

HELEN SHURTLEFF, Xi.

### Eggplant Soufflé

- 1 eggplant
- 2 eggs
- $\frac{1}{2}$  cup white sauce
- $\frac{1}{2}$  cup bread crumbs (toasted)

#### METHOD:

Pare the purple skin off an eggplant, cut into slices a half inch thick, lay in salted water for a half hour. Drain off the water and drop into boiling salted water. Boil gently for fifteen minutes, then drain and mash. Prepare white sauce, when it is cool beat in it the beaten eggs, then stir into the eggplant pulp.

Ask your grocer for Knox Gelatine—take no other



Pour into a buttered baking dish, sprinkle with crumbs, and brown in a moderate oven for fifteen minutes.

ELEANOR F. LEWIS, *Xi*.

### Fried Eggplant

Peel eggplant and slice in one-half inch slices. Stand in salted water for a couple of hours with a weight on the eggplant. Drain and dry, dip in eggplant and bread crumbs and fry until soft in a half inch of fat.

LOIS GOLTRA HEREN, *Xi*.

### (1) Stuffed Green Peppers

½ cup cooked macaroni  
1 chopped onion  
1 tablespoon chopped red pepper  
1 tablespoon melted butter  
salt and pepper  
pepper per person

#### METHOD:

Remove seeds from green peppers, boil five minutes and drain. Fill with above ingredients, cover with bread crumbs and bake for twenty minutes.

### (2) Stuffed Green Peppers

|                   |                            |
|-------------------|----------------------------|
| 8 peppers         | 1 cooked celery            |
| 1 cup cream sauce | 1 teaspoon salt and pepper |
| 1 pint oysters    |                            |

#### METHOD:

Add oysters and celery to cream sauce, season it and place in boiled pepper. Put buttered crumbs on the top and bake twenty minutes in hot oven.

JULIA PITKIN DAVENPORT, *Xi*.

**Knox Gelatine comes in two packages—Plain and Acidulated (Lemon Flavor)**

### Stuffed Peppers

- 5 green peppers
- 2 tablespoons butter
- 1 onion
- 4 tablespoons mushrooms finely chopped
- 4 tablespoons raw ham finely chopped
- $\frac{1}{8}$  teaspoon pepper  $\frac{1}{4}$  teaspoon salt
- $\frac{1}{3}$  cup brown sauce  $\frac{1}{2}$  cup buttered crumbs
- 3 tablespoons cooked rice

#### METHOD:

Cut slice from stem end of each pepper, remove seeds and par-boil peppers fifteen minutes. Cook onion in butter three minutes, add mushrooms, ham, rice, and seasoning, cook twelve minutes then add brown sauce. Cool mixture, fill peppers with it, cover with buttered crumbs and bake fifteen minutes. Serve as a vegetable. Chopped meat may be substituted for the mushrooms and ham.

RUTH WALLIS WAGNER, *Chi Alpha*.

### Baked Peppers

- 1 pepper per person onion
- stale bread butter small lump
- 1 egg 1 pork sausage per person
- salt

#### METHOD:

Remove seeds from peppers and halve them.

Boil for a minute in salted water and drain. Fill with dressing made from the bread steamed, salt, beaten egg, butter and onion. When filled put one pork sausage in each pepper and bake until sausage is brown.

HELEN GEMMILL STRICKLER, *Xi*.

Knox Gelatine makes Desserts, Salads, Candies, Puddings,  
Ices, Etc.

**Escalloped Celery**

2 or 3 bunches of celery  
 cream sauce (2 tablespoons butter, 2 tablespoons flour,  $\frac{1}{2}$   
 cup cream and  $\frac{1}{2}$  cup celery water).

**METHOD:**

Clean celery and cut in pieces and boil until tender. Drain and salt. Butter a baking dish and cover sides and bottom with cracker crumbs. Pour in the celery and cream sauce. Cover with crumbs and dot with butter. Cover and bake in hot oven one-half hour. Remove cover and brown.

HARRIET WILSON DAVY, *Xi*.

**Stuffed Celery Stalks**

|                                      |         |
|--------------------------------------|---------|
| small inside tender stalks of celery |         |
| cream cheese                         | paprika |
| mayonnaise                           | olives  |

**METHOD:**

Make a mixture of the cheese, mayonnaise and paprika and press into the stalks. Slice the stuffed olives and press a slice into the cheese mixture in the stalks.

JACQUELINE NORWOOD DUFFIE, *Xi*.

**Baked Bananas**

|                   |             |
|-------------------|-------------|
| banana per person | lemon juice |
| sugar             |             |

**METHOD:**

Peel bananas, butter a baking dish and lay in bananas. Sprinkle sugar over them with a little lemon juice. Bake about one hour, basting frequently. Serve with beef tenderloin and horseradish sauce.

RUTH ROSE SMITH, *Xi*.

**Knox Gelatine is Guaranteed to please or money back**

### Stuffed Celery

cream cheese  
celery hearts

chopped nuts  
chopped olives

#### METHOD:

Wash celery hearts, place in cold water to crisp, mash cheese add chopped nuts and olives to taste. Spread mixture on the grooves of celery and serve with toasted crackers. Roquefort cheese may be used in place of cream cheese, working it creamy with a little butter.

LORNA GARRETT, *Xi Alpha*.

### Tomato Fritters

1 can of tomatoes  
2 cloves  
salt and pepper  
1 teaspoon Worcestershire sauce  
1 sliced onion  
paprika

2 tablespoons of sugar  
1 tablespoon catsup

#### METHOD:

Boil ten minutes and rub through a colander. Add two tablespoons butter creamed with one-half cup of cornstarch. Boil until thick. Add one egg well beaten. Let cool in buttered pan until hard. Cut in squares, roll in crumbs and fry in deep fat.

GLADYS MARS BECKER, *Xi*.

The Knox Acidulated package contains Lemon Flavoring



**Healthful  
Reliable  
Economical**

*The prudent  
housewife avoids  
substitutes, which may  
contain alum, and uses*

**ROYAL  
BAKING  
POWDER**  
***Absolutely Pure***

Made from Cream of Tartar,  
derived from grapes.



## BREADS AND HOT BREADS

### Bread

|                                 |                                   |
|---------------------------------|-----------------------------------|
| 1 cup of milk or water          | 3 cups flour                      |
| 1 teaspoon salt                 | $\frac{1}{4}$ cup luke warm water |
| 1 $\frac{1}{2}$ tablespoons fat | 1 tablespoon sugar                |

#### METHOD:

Scald milk, put fat, salt and sugar in bowl. Pour over them the scalded milk. When cool add yeast dissolved in warm water, add sifted flour gradually. When stiff enough to handle turn the dough on a floured board and knead until soft and elastic. Grease sides and bottom of bowl, return dough to bowl and work in bowl until surface of dough is greased, cover and allow to raise until double in bulk. The dough should then be kneaded again to break bubbles. Dough is shaped into loaves, put in greased pans and allowed to raise until double in bulk. Keep closely covered. Bake in a hot oven, loaf should continue rising for the first fifteen minutes of baking when it should begin to brown. A loaf of bread requires about one hour for baking. Temperature of oven should be decreased a little during last half of baking period. Remove loaves at once from pan and place on wire rack to cool.

RUTH WALLIS WAGNER, *Chi Alpha*.

### Beaten Biscuit

- 1 quart flour
- 1 tablespoon lard (full rounding)
- 1 teaspoon salt

#### METHOD:

Mix flour, lard and salt. Make into a stiff dough with ice water and milk, equal parts. Work on a kneader or beat with a mallet until smooth and glossy. Roll, cut into shape, pierce with a fork and bake twenty or twenty-five minutes.

FRANCIS GREEN, *Lambda Alpha*.

Use Knox Gelatine if you would be sure of results



**Beaten Biscuit**

|                             |                            |
|-----------------------------|----------------------------|
| 1 quart flour               | 1 teaspoon cream of tartar |
| 1 teaspoon salt             | $\frac{1}{2}$ cup lard     |
| $\frac{1}{2}$ teaspoon soda | 1 cup sweet milk           |

**METHOD:**

Sift the flour, salt, soda and cream of tartar together, mix in the lard thoroughly, then add the milk. Work through a biscuit break or beat with a pestle until it blisters. Bake in a slow oven.

E. MORGAN, Xi.

**Baking Powder Biscuit**

- 2 cups flour
- 2 heaping teaspoons baking powder
- pinch salt
- 2 heaping tablespoons shortening (lard or crisco)
- Mix thoroughly with finger tips
- add 1 egg—unbeaten
- 1 cup milk—sour or sweet

**METHOD:**

Pat with hands to one-inch thickness. Bake in warm oven twenty minutes to one-half hour.

BOBBY SHURTLEFF COLE, Nu.

**Potato Biscuit**

|                        |                                     |
|------------------------|-------------------------------------|
| 1 quart flour          | 2 eggs unbeaten                     |
| 1 pint mashed potatoes | $\frac{1}{2}$ cup lard              |
| 1 teaspoon salt        | $\frac{1}{2}$ cake compressed yeast |
| 1 tablespoon sugar     |                                     |

**METHOD:**

Mix all together, let raise. When light, stir up and roll out.

HELEN SHURTLEFF, Xi.

All you add is water and sugar to the Knox Acidulated package



### Sausage Rolls

rich biscuit dough  
as many sausages as persons

#### METHOD:

Roll biscuit dough thin and cut in strips. Put one sausage in each strip and roll, leaving the ends of sausage exposed. Bake in a hot oven and serve hot or cold.

GLADYS MARS BECKER, *Xi*.

### Parker House Rolls

|                                                                  |                    |
|------------------------------------------------------------------|--------------------|
| ½ pint scalded milk                                              |                    |
| 1 tablespoon butter                                              | } Put in warm milk |
| 1 tablespoon lard                                                |                    |
| 1 tablespoon sugar                                               |                    |
| When cool, add 1 well beaten egg                                 |                    |
| ½ teaspoon salt                                                  |                    |
| 1 cake of yeast dissolved in ½ cup warm water and a little sugar |                    |
| 4½ cups flour                                                    |                    |

#### METHOD:

Beat well; let rise. Then roll one-half inch thick and cut. Let raise; bake twenty to twenty-five minutes.

NAOMI LEITZ WILLIAMS, *Xi*.

### Muffins for Two

|                  |                           |
|------------------|---------------------------|
| 1 cup of flour   | 1 teaspoon butter         |
| ½ cup milk       | 2 teaspoons baking powder |
| 1 teaspoon sugar | 1 egg                     |

#### METHOD:

Mix butter and sugar first, then egg, etc.

ETHELWYNN M. TIDMARSH, *Xi*.

For Dainty Delicious Desserts use Knox Gelatine

**Blueberry Muffins**

Into one egg put

|                                                    |                           |
|----------------------------------------------------|---------------------------|
| $\frac{1}{2}$ cup sugar                            | 2 cups flour              |
| 1 scant cup milk                                   | 4 teaspoons baking powder |
| 1 cup berries (mix some of the flour with berries) |                           |
| $\frac{1}{4}$ cup shortening                       |                           |

MARION CRATER DAVY, *Xi*.

**Quaker Muffins**

|                           |                             |
|---------------------------|-----------------------------|
| 1 cup rolled oats         | $\frac{1}{2}$ teaspoon salt |
| 2 cups white flour        | 1 cup milk                  |
| 3 tablespoons sugar       | 1 egg                       |
| 4 teaspoons baking powder | 1 tablespoon shortening     |

**METHOD:**

Scald the milk, pour it over the oatmeal and let it stand a half hour. Mix the ingredients, add to the oatmeal mixture the beaten egg and the shortening, then stir in the dry ingredients. Bake a half hour in greased muffin tins in a moderate oven. Serves eight persons.

ELEANOR F. LEWIS, *Xi*.

**Potato Flour Muffins**

|                                |                          |
|--------------------------------|--------------------------|
| 4 eggs                         | 1 teaspoon baking powder |
| 1 pinch salt                   | 1 teaspoon melted butter |
| $\frac{1}{2}$ cup potato flour |                          |

**METHOD:**

Beat whites of eggs until stiff. Add salt to yolks and fold in the whites. Sift potato flour and baking powder twice,—then add melted butter. Mix batter thoroughly stirring no more than necessary. Pour into muffin pans and bake fifteen minutes in moderate oven. Sufficient for twelve small muffins.

RUTH ROSE SMITH, *Xi*.

**Try Knox Acidulated Gelatine with the Lemon Flavor enclosed**

**Potato Flour Muffins**

|                             |                                       |
|-----------------------------|---------------------------------------|
| 4 egg whites beaten stiff   | $\frac{1}{2}$ cup potato flour sifted |
| 4 egg yolks beaten well     | $\frac{1}{2}$ teaspoon baking powder  |
| $\frac{1}{2}$ teaspoon salt | 2 tablespoons of ice water            |
| 1 tablespoon sugar          |                                       |

**METHOD:**

Fold salt and sugar into whites and add flour, baking powder and lastly fold in the ice water. Bake in hot well greased muffin tins in moderate oven twenty to thirty minutes.

GLADYS MARS BECKER, *Xi*.

**Nut Bread**

|                                      |
|--------------------------------------|
| 2 cups whole wheat (or graham flour) |
| 1 cup white flour                    |
| $\frac{1}{2}$ cup sugar              |
| 1 scant teaspoon salt                |
| 3 heaping teaspoons baking powder    |
| 2 cups sweet milk                    |
| 1 cup nut meats                      |

**METHOD:**

Bake one hour.

LAURA LANCASTER, *Omicron*.

**Nut Bread**

|                                    |                           |
|------------------------------------|---------------------------|
| 2 eggs                             | 4 teaspoons baking powder |
| $\frac{1}{2}$ cup granulated sugar | 4 cups flour              |
| $\frac{1}{2}$ cup brown sugar      | 1 pinch salt              |
| $\frac{1}{2}$ cup sweet milk       | 1 cup chopped walnuts     |
| 1 teaspoon mixed spices            |                           |

**METHOD:**

Mix together, allow to stand for forty minutes in bread pan. Bake for sixty minutes.

IDAMAY SCHOONOVER, *Xi*.

**Dainty Recipes in each Knox Gelatine package**

**Bran Muffins**

|                         |                               |
|-------------------------|-------------------------------|
| $\frac{1}{2}$ cup sugar | 2 eggs                        |
| 2 cups Pillsbury bran   | 2 teaspoons baking powder     |
| 1 cup white flour       | 1 package dates               |
| 1 tablespoon butter     | 1 cup sweet milk              |
| 1 tablespoon lard       | $\frac{1}{2}$ cup broken nuts |

**METHOD:**

Bake at least fifteen minutes in moderate oven. May also be baked in loaves.

DOROTHY SMITH.

**Bran Gems**

|                                  |                              |
|----------------------------------|------------------------------|
| 1 cup white flour                |                              |
| 2 cups bran flour                |                              |
| 1 cup of sour milk or buttermilk |                              |
| 1 teaspoon soda                  | butter size of walnut (melt) |
| 3 tablespoons molasses           | 1 egg                        |
| pinch of salt                    | $\frac{1}{2}$ cup sugar      |

**METHOD:**

Bake twenty minutes in a slow oven. Makes fifteen gems.

LELIA HARWOOD SMITH, *Xi*.

**Bran Biscuits**

|                             |                          |
|-----------------------------|--------------------------|
| $\frac{1}{2}$ cup bran      | 3 tablespoons sugar      |
| 1 $\frac{1}{2}$ cups flour  | $\frac{1}{2}$ cup water  |
| 5 teaspoons baking powder   | 2 tablespoons shortening |
| $\frac{3}{4}$ teaspoon salt |                          |

**METHOD:**

Mix thoroughly bran, flour, baking powder, salt, sugar; add sufficient water to make soft dough; add melted shortening. Roll out lightly to about one-fourth inch thickness on floured board; cut with biscuit cutter. Bake in a hot oven twelve to fifteen minutes. Makes about twelve biscuits.

FLORENCE NELSON, *Xi*.

**Knox Gelatine is highest quality and worth its price**

## Corn Meal Gems

|                                                |                             |
|------------------------------------------------|-----------------------------|
| 1 cup corn meal                                | ½ cup sugar                 |
| 1 cup flour                                    | butter size of a nut—melted |
| 2 teaspoons baking powder<br>(sift with flour) | 1 cup milk                  |
| 1 egg                                          | salt                        |
|                                                | makes 12 gems               |

ELIZABETH SHELDON CLAYPOOL, *Xi*.

## Date Bread

|                      |                               |
|----------------------|-------------------------------|
| 1 cup sugar          | 1 teaspoon soda               |
| 1 egg                | 1 teaspoon baking powder      |
| 1½ cups sour milk    | butter size of walnut, melted |
| 1½ cups graham flour | ½ cup nuts                    |
| 1½ cups white flour  | 1 cup chopped dates           |

## METHOD:

Mix thoroughly and bake.

ODETTA RIDEOUT BENNETT, *Omicron*.

## Soda Scones

|                        |                  |
|------------------------|------------------|
| 2 cups flour           | 1 cup buttermilk |
| 1 teaspoon baking soda | ½ teaspoon salt  |

## METHOD:

Mix ingredients to the same consistency as for baking powder biscuits. Roll and cut into desired shapes. Bake on a griddle.

GERTRUDE TAIT, *Xi*.

## Salad Rolls

|                            |            |
|----------------------------|------------|
| 2 cups flour               |            |
| 3½ teaspoons baking powder |            |
| ½ teaspoon salt            | ½ cup milk |
| 4 tablespoons butter       | 1 egg      |

## METHOD:

Mix in order given and cut in oblongs. Beat egg in a cup and spread over rolls. Then sprinkle sugar on top and bake until brown.

PHILADELPHIA ALUMNÆ.

Where recipes call for Gelatine use Knox Sparkling Gelatine

**Baking Powder Cinnamon Rolls**

|                                                      |                     |
|------------------------------------------------------|---------------------|
| 2 cups sifted bread flour                            | 2 tablespoons sugar |
| 4 teaspoons baking powder                            | 1 teaspoon salt     |
| 2 tablespoons shortening—work in thoroughly          |                     |
| $\frac{3}{4}$ cups milk—enough to make a soft dough. |                     |

**METHOD:**

Turn on well floured board, roll oblongly, to one-fourth inch thickness twice as long as wide. Spread with two tablespoons softened butter. Sprinkle with mixture cinnamon and sugar (one-third cup sugar and one-fourth teaspoon cinnamon).

BOBBY SHURTLEFF COLE, *Nu*.

**Waffles**

|                          |                             |
|--------------------------|-----------------------------|
| 1 pint flour             | 1 egg                       |
| 1 pint sour milk         | 2 tablespoons melted butter |
| 3 to 4 tablespoons sugar | 1 teaspoon soda             |
| 1 teaspoon salt          | 2 tablespoons hot water     |

**METHOD:**

Beat yolk of egg, stir in sugar and salt, add flour alternately, add butter, soda in hot water, and fold in beaten egg white. Syrup: Brown one-fourth cup sugar, add two cups sugar and cup of hot water.

RUTH UNDERHILL, *Omicron Alpha*.

**Waffles**

|                             |                             |
|-----------------------------|-----------------------------|
| $\frac{1}{2}$ teaspoon salt | 2 eggs                      |
| 1 tablespoon sugar          | 4 tablespoons melted butter |
| 4 teaspoons baking powder   | 1 cup milk                  |
| $1\frac{1}{2}$ cups flour   |                             |

**METHOD:**

Mix dry ingredients together and sift twice. Add milk and melted butter and mix well. Beat eggs thoroughly until light and mix into a smooth batter that will pour easily.

RUTH ROSE SMITH, *Xi*.

**Knox Acidulated Gelatine saves the cost, time, and bother of squeezing lemons**

**Rich Johnny Cake with Sour Cream (good for luncheon)**

|                   |                      |
|-------------------|----------------------|
| 1 cup corn meal   | 1 cup sour cream     |
| 1 cup white flour | 3 tablespoons butter |
| 1 cup sugar       | 2 eggs unbeaten      |
| 2 teaspoons salt  | bake 25 minutes      |
| ½ teaspoon soda   |                      |

THETA ALPHA.

**Boston Bread**

|                  |                   |
|------------------|-------------------|
| ½ cup molasses   | ½ cup white flour |
| ½ cup sweet milk | ½ teaspoon salt   |
| 1 cup sour milk  | 1 teaspoon soda   |
| 1½ cups cornmeal |                   |

**METHOD:**

Mix ingredients as given. Dissolve soda in hot water and add last.

HELEN SHURTLEFF, *Xi*.**Brown Bread**

|                     |                   |
|---------------------|-------------------|
| ½ cup sugar         | ½ cup molasses    |
| 2 cups sour milk    | 2 teaspoons soda  |
| 1 cup cornmeal      | ½ cup wheat flour |
| 2 cups graham flour | 1 cup raisins     |
| ½ cup nuts          | ½ teaspoon salt   |

**METHOD:**

Let raise one hour and bake in moderate oven forty minutes.

ELSIE PRATT MILLER, *Lambda*.**Ten-Minute Coffee Cake**

|             |                      |
|-------------|----------------------|
| 1 cup flour | 2 tablespoons butter |
| 1 cup sugar | Mix like pie crust.  |

To one cup of mixture add cinnamon for crumbs on top. To rest of mixture add:

|             |                           |
|-------------|---------------------------|
| 1 cup flour | 2 teaspoons baking powder |
| 1 cup milk  | ½ teaspoon salt           |
| 1 egg       | vanilla to flavor         |

JULIA PITKIN DAVENPORT, *Xi*.

Each package of Knox Gelatine makes Four Pints of jelly

### Coffee Ring

3 cups flour  
5 tablespoons sugar  
4 teaspoons baking powder  
1 cup raisins, washed, drained and floured  
1 egg  
 $\frac{1}{2}$  cup chopped nuts  
1 teaspoon salt  
 $\frac{3}{4}$  cup milk

#### METHOD:

Sift dry ingredients together, add raisins. To milk add melted shortening and beaten egg, mix thoroughly and add to dry ingredients. Add more milk if necessary to make a soft dough. Roll out lightly about one-half inch thick. Divide into 2 long strips and twist together to form a ring. Put into a greased pan, sprinkle with sugar and nuts. Allow to stand twenty minutes. Bake in moderate oven twenty to twenty-five minutes. Makes about twelve slices.

FLORENCE NELSON, Xi.

### Peanut Coffee Cake

1 cup brown sugar  
1 tablespoon butter  
 $\frac{1}{2}$  teaspoon cinnamon  
2 eggs  
1 heaping teaspoon baking powder  
 $\frac{3}{4}$  cup milk  
2 cups flour  
pinch salt

#### METHOD:

Mix ingredients. Spread thinly in large pan.

#### Top:

$\frac{1}{2}$  cup melted butter  
 $\frac{3}{4}$  cup brown sugar  
1 teaspoon cinnamon

#### METHOD:

Mix and spread over cake. Sprinkle a cup of ground peanuts over top. Bake twenty minutes in moderate oven.

BERNICE WAITE, Xi.

Knox Gelatine solves the problem of "What to have for dessert?"



**Boston Brown Bread**

- |                                      |                            |
|--------------------------------------|----------------------------|
| 1 cup entire wheat or graham flour   |                            |
| 1 cup cornmeal                       |                            |
| 1 cup rye meal or ground rolled oats |                            |
| 1 teaspoon salt                      | $\frac{3}{4}$ cup molasses |
| 5 teaspoons baking powder            | $1\frac{1}{3}$ cups milk   |

**METHOD:**

Mix thoroughly the dry ingredients; add molasses to milk and then add to dry ingredients. Beat thoroughly, put into greased molds, filling them two-thirds full. Steam three and one-half hours; remove covers and bake until top is dry. Will serve twelve people.

FLORENCE NELSON, Xi.

**Coffee Cake**

- |                           |                                  |
|---------------------------|----------------------------------|
| 1 cup sugar               | 2 teaspoons baking powder        |
| 1 egg                     | 1 heaping teaspoon melted butter |
| 1 cup milk                |                                  |
| $1\frac{1}{2}$ cups flour | salt                             |

**METHOD:**

Beat, with spoon, sugar and egg until creamy; then add alternately milk and flour. Mix well. Add butter and salt. Pour out into large cake pan, cover with cinnamon and sugar. Cut up a few walnuts finely over top also. Bake in moderate oven.

RUTH ROSE SMITH, Xi.

**Aunt Allie's Graham Bread**

- |                                   |                             |
|-----------------------------------|-----------------------------|
| 3 cups graham flour               | $\frac{1}{2}$ teaspoon salt |
| 1 cup white flour                 | $\frac{1}{2}$ cup sugar     |
| 3 heaping teaspoons baking powder |                             |
| cold water                        |                             |

**METHOD:**

Mix flour, sugar, salt and baking powder well. Add cold water to make stiff batter. Bake forty minutes.

JULIA PITKIN DAVENPORT, Xi.

Use Knox Gelatine—the Four Pint package

**Oatmeal Bread**

|                                      |                                      |
|--------------------------------------|--------------------------------------|
| 2 cups rolled oats                   | $\frac{1}{2}$ cup molasses (or more) |
| 2 cups boiling water                 | 1 teaspoon salt                      |
| 1 cake compressed yeast dissolved in |                                      |
| $\frac{1}{2}$ cup lukewarm water     |                                      |
| 4 cups white flour                   |                                      |

**METHOD:**

Pour boiling water over oats and let cool in a large pan or jar. Add other ingredients, mix well and set in a warm place for eight or ten hours. Place in two tins and let raise again. Bake about three-fourths hour.

ELIZABETH SHELDON CLAYPOOL Xi.

**Caramel Rolls and Coffee Cake**

|                                  |                         |
|----------------------------------|-------------------------|
| 6 cups flour                     | 2 cups scalded milk     |
| $\frac{1}{2}$ cup butter         | 2 eggs                  |
| 1 yeast cake dissolved in        | $\frac{1}{2}$ cup sugar |
| $\frac{1}{4}$ cup lukewarm water |                         |

**METHOD:**

Melt butter in milk. Add sugar. Cool and add yeast, eggs and flour and beat until light. Set aside until double its bulk. Divide dough into two parts.

*For coffee cake*

Add to one part one-fourth cup nuts and currants, one-fourth cup lemon and orange peel mixed. Put in two pans. Let raise and bake one-half hour.

*For caramel rolls*

Roll the other half thin and cover with melted butter, sugar and cinnamon. Roll in a long roll and cut in one and a half inch pieces. Butter pan. Spread one cup brown sugar in bottom of pan, then sprinkle with water. Place rolls one-half inch apart, let raise, cook one-half hour. Turn upside down on oil paper.

GLADYS MARS BECKER, Xi.

Knox Gelatine makes a transparent, tender, quivering jelly

### Potato Bread

Mash cold boiled potatoes, being careful to leave no lumps. Mix in enough flour (and salt, to taste) to make a dough that is smooth and will not stick to the rolling pin. Roll about one-fourth inch thick, cut in squares, and bake on a griddle. Cold potato bread, fried, is good with ham and eggs, etc.

GERTRUDE TAIT, *Xi*.

### Strawberry Shortcake

|                             |                           |
|-----------------------------|---------------------------|
| 2 cups flour                | 3 teaspoons baking powder |
| $\frac{1}{4}$ cup sugar     | $\frac{1}{3}$ cup butter  |
| $\frac{1}{2}$ teaspoon salt | $\frac{3}{4}$ cup milk    |
| 1 egg                       |                           |

#### METHOD:

Mix and sift dry ingredients three times. Rub in the butter. Add milk and beaten egg and bake fifteen minutes. (The dough is dropped in individual cakes—this recipe will make six.) Cut open cakes, butter, insert strawberries. Put strawberries and whipped cream on top.

MILDRED A. PERKINS, *U. of Minnesota*.

### Cinnamon Toast

Mix brown sugar and cinnamon, allowing one-fourth teaspoon cinnamon to every tablespoon of brown sugar. Soften half as much butter, add the sugar mixture and cream. Toast bread on one side, spread sugar mixture on untoasted side, and place on toaster under flame until the mixture bubbles.

ELEANOR F. LEWIS, *Xi*.

### Noodles

|       |      |       |
|-------|------|-------|
| 1 egg | salt | flour |
|-------|------|-------|

Beat egg, stir in pinch of salt and enough flour so it can be rolled thinner than paper. Dry and turn. Roll and turn. Roll together and shave off slices.

EDNA LOOMIS STOCKDALE, *Xi*.

**Knox Acidulated Gelatine—no bother—no trouble—no squeezing lemons**

**Pancakes for Two**

|                            |                          |
|----------------------------|--------------------------|
| 1 cup flour                | 1 teaspoon baking powder |
| pinch salt                 | 1 egg                    |
| sweet milk enough to thin. |                          |

**METHOD:**

Mix sifted flour and yolk of egg together. After salt and baking powder have been added, thin with milk and add beaten white of egg.

ELSIE PRATT MILLER, *Lambda*,

**Cheese Straws**

|                              |                      |
|------------------------------|----------------------|
| 2 cups flour                 | 2 cups grated cheese |
| ½ cup butter                 | ½ teaspoon salt      |
| 1/16 teaspoon cayenne pepper |                      |
| 1/16 teaspoon nutmeg         |                      |
| 1 egg                        |                      |
| 1 teaspoon baking powder     |                      |

**METHOD:**

Sift baking powder, salt, pepper and nutmeg in flour. Chop with spoon or knife, the grated cheese and butter into the flour mixture. Add egg and sufficient milk to make soft dough. Roll into flat piece about one-eighth inch thick. Cut into strips and bake in a moderate oven.

SALT LAKE CITY ALUMNÆ.

**Cheese Sticks**

|                          |                            |
|--------------------------|----------------------------|
| 1 cup grated cheese      | 1 tablespoon melted butter |
| 1 cup flour              | salt                       |
| 1 teaspoon baking powder |                            |

**METHOD:**

Moisten with water (four and one-half tablespoons). Cut into strips and bake.

DOROTHY SMITH, *Xi*.

Four separate Desserts or Salads from one Package of Knox Gelatine

**Rice Puffs**

1 cup cold boiled rice                      ½ teaspoon salt  
2 eggs

**METHOD:**

Put the rice through a potato ricer, add well beaten eggs, and salt to taste. Drop by spoonfuls into hot fat and fry a light brown. Serve with maple syrup.

RUTH ROSE SMITH, *Xi*.

**Bell Fritters**

2 cups milk                                      4 eggs  
2 cups flour                                   salt  
3 tablespoons sugar

**METHOD:**

Beat sugar and yolks of eggs, add milk, salt, flour and beaten whites. Fry in deep fat and serve with maple syrup.

BOBBY S. COLE, *Nu*.

Knox Gelatine is economical—one package makes Four Pints  
of jelly





# EAT MORE WHEAT

Build  
strong  
bodies



*Eventually*

**GOLD  
MEDAL  
FLOUR**

Why Not Now?

**WASHBURN-CROSBY Co.**



## COOKIES AND DOUGHNUTS

### Oatmeal Cookies

- |                                                    |                            |
|----------------------------------------------------|----------------------------|
| 3 eggs                                             | ½ cup lard                 |
| 2 cups brown sugar                                 | 3 cups flour               |
| ½ cup butter                                       | 3 cups oatmeal (ground up) |
| 1 teaspoon soda in about two tablespoons hot water |                            |

THETA ALPHA.

### Oatmeal Cookies

- |                                   |                           |
|-----------------------------------|---------------------------|
| 1½ cups brown sugar               | 1 level teaspoon cinnamon |
| 1 cup shortening (butter or lard) |                           |
| 2 eggs, beaten                    | 2 cups rolled oats        |
| 2 tablespoons molasses            | 2½ cups flour             |
| 1 teaspoon soda, mixed with water |                           |
| 2 tablespoons sweet milk          | little salt               |

#### METHOD:

Mix together in the order given; drop spoonfuls on a buttered pan and bake.

IDAMAY SCHOONOVER, Xi.

### Cocoanut Drops

- |                                                |
|------------------------------------------------|
| 1 can Borden's <i>Sweetened</i> Condensed Milk |
| 1 pound shredded cocoanut                      |

#### METHOD:

Add as much of the cocoanut to the milk as will mix in. Drop by spoonfuls on a greased tin and bake from twelve to fifteen minutes or until brown. Two squares of chocolate may be added if desired.

RUTH ROSENGREN, Xi.

Knox stands for Quality and Quantity in Gelatine

**Chocolate Cookies**

- |                                       |                        |
|---------------------------------------|------------------------|
| 1 cup sugar                           | ½ teaspoon soda        |
| ½ cup butter                          | 1½ cups flour (heavy)  |
| 1 egg                                 | 1 cup raisins and nuts |
| ½ cup milk                            |                        |
| 2 squares melted chocolate (add last) |                        |

**METHOD:**

Drop into pans.

*Frosting:* one cup sugar, six tablespoons water, butter, two squares chocolate, yolk of an egg when partly cold, beaten in slowly.

HARRIET WILSON DAVY, *Xi*.

**Oatmeal Cookies**

- |                                              |                     |
|----------------------------------------------|---------------------|
| 2 eggs beaten separately                     | 2 cups sifted flour |
| 1 cup sugar                                  | 1 cup buttermilk    |
| 2 cups rolled oats                           | 1 teaspoon nutmeg   |
| 1 cup lard and butter mixed                  |                     |
| 1 scant teaspoon soda dissolved in hot water |                     |
| 1 teaspoon cinnamon and allspice             |                     |
| 1 cup seeded raisins (chopped)               |                     |

**METHOD:**

Mix all together. Add eggs last and drop in greased pans not too close together.

FRANCES PENNEWELL, *Xi*.

**Ginger Cookies**

- |                                                                    |                          |
|--------------------------------------------------------------------|--------------------------|
| 1 cup sugar                                                        | 1 cup boiling water      |
| 1 cup lard                                                         | 1 egg                    |
| 1 cup molasses                                                     | enough flour to roll out |
| 2 teaspoons soda (in the water)                                    |                          |
| 2 teaspoons ginger (or 1 of ginger, 1 of cinnamon and ½ of cloves) |                          |

HARRIET WILSON DAVY, *Xi*.

Desserts can be made in a short time with Knox Gelatine

**Chocolate Cookies**

4 eggs well beaten  
 2½ cups light brown sugar  
 1 even cup flour  
 ½ cake Bakers chocolate (melted)  
 1 cup English walnut meats (not too fine)  
 1 teaspoon vanilla

**METHOD:**

Beat well before putting in tins. Bake slowly. Cut in squares while warm.

ELIZABETH SHELDON, *Xi*.

**Chocolate Jumbles**

|                                       |                     |
|---------------------------------------|---------------------|
| 1 cup sugar                           | 1 teaspoon cinnamon |
| 1 cup butter—half lard                | 1 teaspoon cloves   |
| ½ cup hot water                       | 1 teaspoon allspice |
| 1 cup molasses                        | 2 eggs              |
| 2 teaspoons soda                      |                     |
| ½ pound (4 squares) Baker's chocolate |                     |

**METHOD:**

Add flour to make mixture stiff enough to roll out one-half inch thick.

LELIA HARWOOD SMITH, *Xi*.

**Cornflake Cookies.**

|                    |                   |
|--------------------|-------------------|
| 2 eggs             | 4 cups cornflakes |
| 1 cup sugar        | 1 pinch salt      |
| 1 cup chopped nuts |                   |

**METHOD:**

Beat eggs and sugar together, add other ingredients and stir together well. Shape on buttered tin and bake in hot oven about eight minutes. Cup of cocoanut may be used instead of nuts.

RUTH ROSENGREN, *Xi*.

**A Knox Gelatine Dessert or Salad is attractive and appetizing**

## Ice Box Cookies

|                     |                             |
|---------------------|-----------------------------|
| 1 pound butter      | 1 teaspoon soda             |
| 1 cup brown sugar   | $\frac{1}{2}$ teaspoon salt |
| 1 cup white sugar   | 1 cup nuts                  |
| 3 eggs              | 1 teaspoon cinnamon         |
| 5 cups sifted flour |                             |

## METHOD:

Make in rolls and put into icebox. When cold, slice off thin, as many slices as are wanted to bake at a time. Will keep in the icebox two weeks. Very large recipe.

ELIZABETH KUEHMSTED MOORE, *Nu.*

EDITH F. CLOYES, *Omicron.*

## Boston Cookies

|                                                        |                                 |
|--------------------------------------------------------|---------------------------------|
| 1 cup butter                                           | $\frac{1}{2}$ teaspoon cinnamon |
| 1 $\frac{1}{2}$ cups sugar                             | 1 cup chopped walnuts           |
| 3 eggs                                                 | 1 cup chopped raisins           |
| 3 $\frac{1}{2}$ cups flour                             |                                 |
| 1 teaspoon soda in 1 $\frac{1}{2}$ teaspoons hot water |                                 |

## METHOD:

Drop spoonfuls on buttered pan and bake.

IDAMAY SCHOONOVER, *Xi.*

## Rocks

|                                                          |                         |
|----------------------------------------------------------|-------------------------|
| 1 cup brown sugar                                        | 1 pound English walnuts |
| $\frac{3}{4}$ cup butter                                 | 1 pound chopped dates   |
| $\frac{1}{2}$ cup flour                                  | 1 teaspoon cloves       |
| 2 well-beaten eggs                                       | 1 teaspoon cinnamon     |
| 1 teaspoon baking powder dissolved in a little hot water |                         |

## METHOD:

Dredge the nuts and dates with flour. Mix ingredients well. Drop from teaspoon on buttered tins and bake.

HARRIET WILSON DAVY, *Xi.*

Try the Knox Gelatine recipes found in this book

**Butter Cookies**

|                           |                             |
|---------------------------|-----------------------------|
| 3 cups flour              | 3 eggs                      |
| 1 cup butter              | $\frac{1}{2}$ teaspoon soda |
| $1\frac{1}{2}$ cups sugar | vanilla                     |

**METHOD:**

Rub flour and butter together as for pie crust. Beat eggs to a foam and add them and soda, sugar and vanilla. Roll very thin.

EDNA LOOMIS STOCKDALE, *Xi*.

**Fruit Cookies**

|                                |                           |
|--------------------------------|---------------------------|
| $1\frac{1}{2}$ cups sugar      | 1 cup chopped nuts        |
| $\frac{3}{4}$ cup shortening   | $2\frac{1}{2}$ cups flour |
| 2 or 3 eggs                    | 1 tablespoon cinnamon     |
| 1 teaspoon soda                | 1 teaspoon cloves         |
| 1 cup chopped dates or raisins |                           |

MARION PERKINS GEMMILL, *Xi*.

**Walnut Wafers**

|                   |                                  |
|-------------------|----------------------------------|
| 2 eggs            | 1 teaspoon baking powder         |
| 1 cup brown sugar | $\frac{1}{4}$ teaspoon salt      |
| 1 cup flour       | $\frac{3}{4}$ cup nuts, cut fine |

**METHOD:**

Beat eggs very light. Add sugar; then remaining dry ingredients, sifted together and nuts. Drop half teaspoonfuls on greased tins and bake in a very moderate oven until light brown.

ESTHER LEAS,

MARION CRATER DAVY, *Xi*.

**Indians**

|                          |                              |
|--------------------------|------------------------------|
| $\frac{1}{2}$ cup butter | 2 squares chocolate (bitter) |
| 1 cup sugar              | 2 eggs                       |
| $\frac{1}{2}$ cup flour  | 1 cup chopped nut meats      |

**METHOD:**

Bake in shallow pan. Cut in squares.

MILDRED KELLEY HOAG, *Upsilon Alpha*.

**Knox Gelatine—Economy with highest Quality**

### Sugar Cookies

- |                                                       |                    |
|-------------------------------------------------------|--------------------|
| 1 cup butter                                          | 1 tablespoon water |
| 1 cup sugar (level)                                   | 1 teaspoon vanilla |
| 2 eggs                                                |                    |
| 1 level teaspoon baking powder                        |                    |
| enough flour to make dough and roll out thin on board |                    |

#### METHOD:

Cream butter and sugar. Beat eggs light and beat into creamed mixture. Add water and extract. To one-half cup sifted flour add baking powder, sifted into other ingredients, beat until light. Then add two or more cupfuls of flour to make dough. Bake in quick oven for ten minutes.

LOLA HANAVAN, *Eta.*

### Simple Sugar Cookies

- |                              |                             |
|------------------------------|-----------------------------|
| 1 cup sugar                  | 2 cups flour                |
| $\frac{1}{2}$ cup shortening | $\frac{1}{2}$ teaspoon salt |
| 1 egg                        | 1 teaspoon vanilla          |
| $\frac{1}{4}$ cup milk       | 2 teaspoons baking powder   |

#### METHOD:

Roll out and sprinkle sugar on top. Bake quickly.

HARRIET WILSON DAVY, *Xi*

### White-Faced Date Slices

- |                           |                     |
|---------------------------|---------------------|
| 1 cup sugar               | 1 cup nuts          |
| $1\frac{1}{2}$ cups flour | 1 cup dates         |
| 1 teaspoon baking powder  | pinch salt          |
| 3 eggs                    | 2 teaspoons vanilla |

#### METHOD:

Bake in slow oven about forty minutes. Cut in strips and roll powdered sugar.

LYDIA KITTERMAN KIRKPATRICK,

DOROTHY SMITH, *Xi.*

Knox Gelatine is the one dessert for all appetites

### Cream Doughnuts

- |                  |                           |
|------------------|---------------------------|
| 1 cup sour cream | 1 level teaspoon soda     |
| 1 cup sugar      | $\frac{1}{8}$ spoon salt  |
| 2 eggs           | flour enough to roll soft |

#### METHOD:

Beat the sour cream and the sugar and salt together, add beaten eggs and beat till creamy. Add the soda dissolved in one teaspoonful boiling water, then the flour. Roll gently to one and one-half inches thick, cut with a doughnut cutter, drop carefully into bubbling deep fat and let brown. Remove to brown paper, let the grease be absorbed, then sprinkle them with powdered sugar. Nutmeg may be added to the dough if wished. This amount makes about three dozen doughnuts.

RUBY JOHNSTON, *Omicron*.

RUTH ROSE SMITH, *Xi*.

### Chocolate Doughnuts

- 2 eggs beaten well
- 1 big cup sugar
- 2 tablespoons melted butter
- 3 squares of melted chocolate, beaten into the above
- 1 cup sour milk, with 1 teaspoon soda in it
- $\frac{1}{2}$  teaspoon salt, ginger and vanilla
- flour enough to be able to handle and roll

#### METHOD:

Mix in order given and roll about as thick as soft cookies. Cut round with a small hole in the middle. Cook in deep fat until brown.

BETA CHAPTER.

See that the name K-n-o-x is on each package of  
gelatine you buy









# When You Make Cake



Nothing gives such wonderful results in home made cake as Swans Down Cake Flour! Try it in any good recipe. You can have lighter, whiter, finer, better cake—pie crust—pastry, just as you long to have it.

Swans Down costs only a few cents for each cake made and yet it saves all the costly waste of cake disappointments.

Swans Down has been the grocers' choice for 25 years.

## IGLEHEART BROTHERS

Evansville, Indiana

Established 1856

Also manufacturers of Swans Down Wheat Bran, Nature's Laxative Food.

## SWANS DOWN

Prepared (Not Self-Rising)

## CAKE FLOUR

Preferred by Housewives for 25 years

FOR SALE BY:

ANY GOOD GROCER

# Try This Cake Recipe

## DELICIOUS SWANS DOWN CAKE

|                                            |                                |
|--------------------------------------------|--------------------------------|
| $\frac{1}{2}$ cupful butter, or substitute | 3 teaspoonfuls baking powder   |
| 1 cupful sugar                             | $\frac{1}{4}$ teaspoonful salt |
| $\frac{3}{4}$ cupful milk                  | 1 teaspoonful vanilla          |
| 2 cupfuls SWANS DOWN CAKE FLOUR            | 3 egg whites                   |

Cream butter, gradually add sugar, creaming mixture well. Sift flour once, measure, add baking powder and salt and sift three times. Add the flour and milk alternately to the creamed butter and sugar, beating batter hard between each addition of flour and milk. Add vanilla extract. Fold in the stiffly-beaten egg-whites and bake in a loaf or two layers in a moderate oven. Ice as desired.

Before attempting to make any cakes in this book, read this article. It may prevent a cake failure, thereby saving the waste of ingredients. These are the four most important steps in cake-making, and if followed carefully will help you to make really, good cake.

## SELECTING INGREDIENTS

A good cake cannot be made with poor ingredients. For the best results choose only the purest materials obtainable. Cake is a food that contains the most nutritive elements, such as eggs, butter, milk, sugar, flour, etc. Cake is more delicate than bread and needs a more delicate flour. This flour is Swans Down Cake Flour, soft, white, and velvety, made especially for cake and pastry making. Swans Down costs but a few cents more per cake and yet it insures against disappointment and costly cake failures. Lighter whiter, finer, better cakes if you use Swans Down.

## MEASURING

All ingredients called for in any good recipe must be accurately mixed and all measurements must be level. This is necessary in order to obtain the same results in each baking. The standard one-half pint measuring cup should be used and the recipe followed exactly.

## CAREFUL MIXING

It is necessary in successful cake-making that all ingredients be perfectly measured and utensils and cake tin be ready before beginning to mix the cake. Always beat the shortening to a cream before adding any sugar. Add sugar gradually, creaming the mixture meanwhile. Add a little sifted Swans Down Cake Flour, with baking powder added, then a little milk and so on alternately until all the flour and milk are used. Beat the batter, never stirring, after each addition of flour and milk. Add flavoring. The stiffly-beaten egg-whites should be next folded in very carefully if recipe calls for same. Work quickly, but carefully, in mixing your cake.

## CORRECT OVEN HEAT

The heat of oven for cake-making is of very great importance. There are some general guides for temperature which may be profitably observed. All thin layer, small cakes and cookies require a hot oven (350-400° F). Thick layer and cakes baked in a loaf require a moderate oven (325-375° F) while sponge cakes and angel cakes require a slow oven (250-300° F). Fruit cakes require even a slower oven (200-250° F).

The helpful hints above are taken from "Cake Secrets," an authoritative booklet on cake-making by Janet McKenzie Hill, editor of American Cookery Magazine. You are welcome to a copy full of original recipes, directions, illustrations—for 10c sent to Igleheart Brothers, Evansville, Indiana, Department C. I. Best grocers everywhere have Swans Down Cake Flour. If you cannot get it, write us. Use it in your cake and pastry making.

Always use Swans Down Cake Flour in all cake recipes given in this book and elsewhere. It insures lighter, whiter, finer cakes.

## CAKES

### Cake Hints

Granulated sugar is best for cakes.

Do not move cake in oven while in soft condition.

Cake pan should be filled nearly two-thirds full if cake is expected to rise to the top of the pan.

Beating cakes encloses bubbles of air, which is one of the secrets of light cakes. Stirring stirs them out.

Sugar for cakes should always be sifted.

Never melt the butter, creaming butter encloses air, and makes the cake light.

Always sift flour before measuring.

Fruit should be floured to keep it from sticking together or settling.

Spices should be mixed with flour or sugar.

Layer cakes require a hotter oven than loaf cakes. Sponge requires a cool oven.

Flour sifted from three to five times is the secret of a perfect cake.

### Sponge Cake

- 6 egg yolks beaten stiff to lemon color
- 1 cup sugar
- 1 tablespoon lemon juice and rind of one
- 1 cup flour
- whites of 6 eggs

#### METHOD:

To well beaten yolks add sugar gradually, mix in lemon juice and rind and add alternately flour with whites of eggs. Bake slowly in ungreased tube pan.

FLORA HARRIMAN, *Beta*.

Knox Gelatine is measured ready for use—two envelopes in each package

### Sponge Cake

|                                |                          |
|--------------------------------|--------------------------|
| yolks of 4 eggs                | 1 teaspoon vanilla       |
| 1 cup sugar                    | 1 cup flour              |
| $\frac{1}{3}$ cup orange juice | 1 teaspoon baking powder |
| whites of 4 eggs               |                          |

#### METHOD:

Beat egg yolks well, add sugar gradually then orange juice, vanilla and whites of eggs alternately with flour which has been sifted three times with baking powder. Bake in a tube pan, ungreased, one hour.

LUCY RICHARDSON KNUDSON, *Xi*.

### Hot Milk Sponge Cake

|                                   |                             |
|-----------------------------------|-----------------------------|
| 2 eggs beaten                     | $\frac{1}{2}$ teaspoon salt |
| 1 cup sugar                       | vanilla                     |
| 1 cup flour                       | $\frac{1}{2}$ cup hot milk  |
| 1 teaspoon baking powder          |                             |
| 1 tablespoon butter added to milk |                             |

#### METHOD:

Bake in slow oven thirty to forty minutes.

EDITH F. CLOYES, *Omicron*.

### Sunshine Cake

7 egg whites beaten stiff with a little salt  
 1 small teaspoon cream of tartar added to egg whites when half beaten  
 1  $\frac{1}{3}$  cups sugar folded into whites  
 1 cup flour sifted and folded in  
 5 yolks beaten and folded in  
 vanilla and almond flavoring

#### METHOD:

Bake slowly about one hour. Let hang until cool.

MARION CRATER DAVY, *Xi*.

**Knox Sparkling Gelatine** makes dainty desserts for dainty people

**Sponge Cake**

|                            |                           |
|----------------------------|---------------------------|
| 4 eggs                     | 2 teaspoons baking powder |
| 1 $\frac{3}{4}$ cups sugar | pinch of salt             |
| 1 $\frac{3}{4}$ cups flour | vanilla or nutmeg         |

**METHOD:**

After these ingredients are mixed, add one cup boiling water. It will be a very thin batter.

JESSIE LAMBERT, *Xi*.

**Sunshine Cake**

yolks of 7 eggs  
 1  $\frac{1}{4}$  cups sugar  
 $\frac{1}{2}$  cup cold water  
 1 cup flour sifted three times  
 whites of 7 eggs beaten with  
 1 teaspoon cream of tartar  
 flavoring

**METHOD:**

Make a syrup of the sugar and water, cooking until it threads. Pour on beaten yolks and beat together until nearly cold. Add flour and flavoring and then fold in the beaten whites of eggs.

LELIA HARWOOD SMITH, *Xi*.

**Sunshine Cake**

|                           |                           |
|---------------------------|---------------------------|
| 4 eggs                    | 2 cups sugar              |
| 1 cup prepared cake flour | 2 teaspoons baking powder |
| 2 tablespoons corn starch | 1 teaspoon flavoring      |
| 2 tablespoons cold water  |                           |

**METHOD:**

Sift flour, baking powder, and corn starch together several times, then add yolks of eggs which have been beaten, water and sugar, and vanilla. Lastly fold in the whites of the eggs which have been beaten stiff. Bake in two layers in a moderate oven for fifteen minutes.

SYLVIA TORPE, *Xi*.

Free cook book in each package of Knox Gelatine



### Sponge Cake

2 eggs  
 1 cup sugar  
 1½ cups flour  
 1 teaspoon baking powder  
 1 teaspoon vanilla  
 ½ cup hot water, added last

#### METHOD:

Mix in order given and bake in dripping pan.

BOBBY SHURTLEFF COLE, *Nu.*

### Poppy-Seed Cake

|               |                           |
|---------------|---------------------------|
| 1½ cups sugar | 2 teaspoons baking powder |
| ¾ cup butter  | ¾ cup poppyseeds          |
| ¾ cup milk    | 4 egg whites              |
| 2 cups flour  |                           |

#### METHOD:

Soak poppyseeds over night in milk. Bake in angel food tin. A custard icing can be used.

BERNICE WAITE, *Xi.*

### Jelly Roll

|                                |                           |
|--------------------------------|---------------------------|
| 2 eggs beaten light            | ¼ teaspoon salt           |
| 1 cup granulated sugar         | 1 tablespoon butter       |
| grated rind of one lemon       | 1 cup prepared cake flour |
| ⅓ cup hot water                | 2 teaspoons baking powder |
| jelly and confectioner's sugar |                           |

#### METHOD:

Gradually beat the sugar into the well-beaten eggs. Add the grated lemon rind, the melted butter, and the flour, which has been sifted, measured and the baking powder and salt added to same and sifted again. Beat all together thoroughly, and turn into the shallow pan lined with a well-greased paper. Bake about fifteen minutes in a moderate oven. Turn out at once onto a clean, damp cloth. Trim off the crisp edges on the four sides, spread with beaten jelly and roll over and over, keeping the cloth between

Give the growing children Knox Sparkling Gelatine



the fingers and the cake. Roll the cloth and let stand some time. Sift confectioner's sugar over the top when ready to serve.

GLADYS MARS BECKER, *Xi*.

### Angel Food Cake

|                            |                    |
|----------------------------|--------------------|
| whites of 11 eggs          | 1 cup flour        |
| 1½ cups sugar              | 1 teaspoon vanilla |
| 1 teaspoon cream of tartar |                    |

#### METHOD:

Beat egg whites stiff; sift flour, sugar and cream of tartar about five times. Fold flour, sugar and cream of tartar gradually into beaten egg whites. Do not stir a great deal. Add vanilla. Put in ungreased pan and bake in moderate oven for forty-five minutes. Serves sixteen.

LOUISE VATER, *Xi*.

### Cream Puffs

|              |                 |
|--------------|-----------------|
| 1 cup water  | ½ teaspoon salt |
| ⅓ cup butter | 4 eggs          |
| 1 cup flour  |                 |

#### METHOD:

Bring water and fat to a boil. Add flour and salt and cook until mixture leaves side of pan, stirring constantly. Remove from fire. Cool and add unbeaten eggs one at a time beating thoroughly after each one. Drop from tablespoon in round balls about two inches apart. Bake twenty minutes in hot oven and then twenty minutes more in moderate oven.

#### Filling:

|                           |             |
|---------------------------|-------------|
| ¼ cup sugar               | 2 cups milk |
| 4½ tablespoons cornstarch | 2 eggs      |
| pinch of salt             | flavoring   |

#### METHOD:

Cook in double boiler until thick.

DOROTHY WILSON, *Xi*.

**Knox Sparkling Gelatine improves Soup and Gravies**

**Dora's Chocolate Cake**

|                                      |                  |
|--------------------------------------|------------------|
| $\frac{1}{2}$ cake Baker's chocolate | 2 cups flour     |
| 1 cup buttermilk                     | 2 teaspoons soda |
| $\frac{3}{4}$ cup butter             | 5 egg whites     |
| $1\frac{1}{2}$ cups sugar            | vanilla          |
| 5 egg yolks                          |                  |

**METHOD:**

Cook chocolate and buttermilk together. When smooth, set to cool. Cream the butter and sugar and add egg yolks. To this add the cooked chocolate. Add flour and soda, then whites of eggs and flavoring. Bake in moderate oven.

PHILADELPHIA ALUMNÆ.

**Fudge Cake**

|                                |                             |
|--------------------------------|-----------------------------|
| 1 cup sugar                    | $\frac{1}{8}$ teaspoon salt |
| $\frac{1}{4}$ cup butter       | 2 squares bitter chocolate  |
| $\frac{1}{4}$ cup sweet milk   | 1 cup chopped nuts          |
| 2 eggs                         | 1 teaspoon vanilla          |
| $\frac{2}{3}$ cup pastry flour |                             |

**METHOD:**

Cream butter and sugar, add milk, eggs (slightly beaten), flour, salt and chocolate. Then add nuts and vanilla. Spread one-fourth inch thick on shallow pan. Bake fifteen minutes in moderate oven, and cut in squares like fudge while still warm.

STELLA BECKETT McCLURE, Xi.

**Lightning Chocolate Cake**

|                                         |                           |
|-----------------------------------------|---------------------------|
| $1\frac{1}{2}$ squares bitter chocolate |                           |
| 3 tablespoons butter (melted together)  |                           |
| 1 cup sugar                             | 2 teaspoons baking powder |
| $\frac{1}{2}$ cup milk                  | 2 eggs                    |
| 1 cup flour sifted with                 | 1 teaspoon vanilla        |

**METHOD:**

Do not stir until ingredients are all added. Bake thirty to forty minutes in a moderate oven.

LELIA HARWOOD SMITH, Xi.

Ask your grocer for Knox Gelatine—take no other

**Allegretti Cake**

2 squares bitter chocolate  
 5 tablespoons boiling water  
 (dissolve the chocolate in the water)  
 1½ cups sugar  
 ½ cup shortening  
 ½ cup (large) milk  
 1¾ cups flour  
 2 teaspoons baking powder  
 3 eggs (whites last)  
 flavoring

**METHOD:**

Bake in three layers and use fudge frosting.

HARRIET WILSON DAVY, *Xi*.

**Chocolate Cake**

|                                 |                         |
|---------------------------------|-------------------------|
| ½ cup butter                    |                         |
| 1½ cups granulated sugar        |                         |
| 4 level teaspoons baking powder |                         |
| 1 cup sweet milk                | 3 eggs                  |
| 3 cups flour                    | ½ cup Baker's chocolate |
| ½ teaspoon vanilla              | ¼ teaspoon salt         |
| ¼ teaspoon almond               |                         |

**METHOD:**

Cream the butter, add sugar and cream together. Sift the flour with the baking powder. Melt the chocolate in a double boiler. Beat the whites and the yolks of the eggs separately, then put all the ingredients in a mixing bowl and beat five minutes. Pour in a buttered loaf tin and bake in a moderate oven for thirty-five minutes. This makes a very light cake. It may be iced with seven minute icing.

LOUISE SILCOTT, *Xi*.

**Knox Gelatine comes in two packages—Plain and Acidulated  
 (Lemon Flavor)**

### Cocoa Cake

|                          |                             |
|--------------------------|-----------------------------|
| 1½ cups granulated sugar | 1¾ cup flour                |
| ½ cup butter             | 4 tablespoons cocoa         |
| ½ cup milk               | 5 tablespoons boiling water |
| 2 eggs                   | 1 teaspoon vanilla          |
| 1 teaspoon baking powder |                             |

#### METHOD:

Cream the butter and sugar, add the beaten eggs, then the milk, then the sifted flour and the baking powder. Before stirring the flour around pour the mixture of cocoa and water over it, stir, and add vanilla. Make an icing of powdered sugar, milk, cocoa, and vanilla. Bake for forty-five minutes in a moderate oven. Makes a large loaf.

ELEANOR F. LEWIS, *Xi*.

### Good Chocolate Layer Cake

|                                    |
|------------------------------------|
| 2 squares bitter chocolate, melted |
| 1 cup granulated sugar             |
| 2 tablespoons butter               |
| 1 cup sour cream                   |
| 1 teaspoon soda                    |
| 2 eggs beaten separately           |
| 1½ cups flour sifted three times   |
| 1 teaspoon baking powder           |

#### METHOD:

Cream butter well, add sugar, chocolate, sour cream, yolks of eggs and beat for several minutes with egg beater until no granulated sugar can be detected. Add flour and baking powder and lastly fold in whites of eggs.

FRANCES FRIBLEY MEHARG, *Xi*.

Knox Gelatine makes Desserts, Salads, Candies, Puddings,  
Ices, Etc.

## Cocoa Cake

|                     |                          |
|---------------------|--------------------------|
| 1 egg               | 1½ cups flour            |
| 1 cup sugar         | 2 tablespoons cocoa      |
| ⅓ cup melted butter | ½ teaspoon baking powder |
| 1 cup sour milk     | 1 teaspoon vanilla       |
| ½ teaspoon soda     |                          |

## METHOD:

Beat egg until light. Gradually add sugar, then melted butter, and sour milk in which the soda has been dissolved. Sift flour, cocoa and baking powder together and then mix in gradually. Then add vanilla. Bake either in layers or in a loaf.

HELEN LAMBERT DAVY, *Xi*.

## Orange Cake

|                                                   |
|---------------------------------------------------|
| 2 cups sugar                                      |
| ¾ cup butter                                      |
| 3 cups flour                                      |
| 3 level teaspoons baking powder                   |
| whites of 5 eggs                                  |
| 1 large orange, grated                            |
| juice of orange in cup and filled with warm water |
| few drops of orange extract                       |

## METHOD:

Cream butter and sugar, add flour and baking powder alternately with the orange juice and warm water. Add grated peel and egg whites and extract.

*Icing:*

|                  |                              |
|------------------|------------------------------|
| 2 cups sugar     | grated peeling of one orange |
| ¼ cup water      | orange extract               |
| whites of 2 eggs |                              |

## METHOD:

Boil water and sugar until a thick syrup, pour over beaten whites and beat into this the grated peeling and extract. Beat until thick.

JULIA PITKIN DAVENPORT, *Xi*.

Knox Gelatine is Guaranteed to please or money back

**Chocolate Cream Cake**

|             |                           |
|-------------|---------------------------|
| 1 cup sugar | 1½ cups flour             |
| 3 eggs      | 2 teaspoons baking powder |
| ½ cup water | ¾ teaspoon salt           |

**METHOD:**

Cream sugar and eggs. Add water. Sift flour, baking powder, and salt together three times. Then add to ingredients. Bake in two layer pans twenty-five minutes.

*Filling:*

|                          |                        |
|--------------------------|------------------------|
| 1 pint milk              | ½ cup sugar            |
| 2 tablespoons cornstarch | ½ cup melted butter    |
| 2 eggs                   | 1 tablespoon flavoring |

**METHOD:**

Mix milk and cornstarch together. Add beaten eggs. Place in double boiler and cook until it thickens. Beat lumps out and gradually add sugar. Mix in melted butter. Add flavoring when cool.

*Frosting:*

Three-fourths cup sugar, add just enough water to cover and boil until it hairs. Do not stir. Beat white of one egg stiff and fold in with ingredients. Add two squares of melted chocolate. Beat until thick.

ELINOR FLANNERY.

**Maple Cake**

|                     |                           |
|---------------------|---------------------------|
| ½ cup butter        | ¾ teaspoon soda           |
| 2 cups maple sugar  | 1 cup buttermilk          |
| 2 eggs beaten light | 2 teaspoons baking powder |
| 2½ cups cake flour  | ½ teaspoon ginger         |

**METHOD:**

Cream butter, gradually add sugar and eggs beaten without separating. Dissolve soda in buttermilk, add to the above mixture with the flour, baking powder, and ginger. Bake in a tube pan about fifty minutes. Cover with maple icing.

The Knox Acidulated package contains Lemon Flavoring

## Maple Icing

|                         |                                 |
|-------------------------|---------------------------------|
| 1 cup maple sugar       | $\frac{1}{3}$ cup boiling water |
| 1 tablespoon white Karo | 1 egg white                     |

## METHOD:

Dissolve sugar and Karo in boiling water. Boil until syrup forms a soft ball when tested in cold water. Pour syrup slowly on stiffly beaten egg white, beating constantly until stiff enough to spread. If mixture gets too stiff beat in a little lemon juice or water, a few drops at a time. If mixture does not get stiff, set bowl of frosting over the fire in a pan of boiling water and beat until stiff.

FLORENCE NELSON, Xi.

## Winchester Burnt Sugar Cake

|                                 |                                |
|---------------------------------|--------------------------------|
| $\frac{1}{2}$ cup butter        |                                |
| 1 cup sugar                     |                                |
| 2 cups flour sifted three times |                                |
| 3 level teaspoons baking powder |                                |
| whites of 3 eggs                | $\frac{1}{2}$ teaspoon vanilla |
| $\frac{3}{4}$ cup milk          | 3 tablespoons burnt sugar      |

## METHOD:

Cream sugar and butter, add flour, baking powder and milk alternately. Add whites last. Carmelize one teacup granulated sugar in a spider, add one-half cup boiling water and stir until a thick syrup is formed. Add three tablespoons of this to cake batter.

*Filling:*

Add one and one-half cups sugar to carmel syrup, milk to moisten and lump of butter. Cook until it forms a soft ball in water, then beat until ready for cake.

JULIA PITKIN DAVENPORT, Xi.

The above cake may be made using one cup of cold water instead of milk and two eggs instead of three.

JACQUELINE NORWOOD DUFFIE, Xi.

Use Knox Gelatine if you would be sure of results

**Marble Cake**

|                    |                           |
|--------------------|---------------------------|
| 1 cup butter       | 3 cups flour              |
| 2 cups sugar       | 2 teaspoons baking powder |
| 2 eggs well beaten | 2 teaspoons vanilla       |
| 1 cup milk         |                           |

**METHOD:**

Cream butter and sugar and add the rest of the mixture. Divide in half and add two tablespoons of cocoa to one half. Put first light, then dark, alternately, into tin.

NAOMI LEITZ WILLIAMS, Xi.

**Surprise Cake**

|                            |                            |
|----------------------------|----------------------------|
| 1 tablespoon melted butter | 1 cup flour                |
| 2 eggs                     | 1½ teaspoons baking powder |
| milk                       |                            |
| 1 cup sugar                | 1 teaspoon vanilla         |

**METHOD:**

Put melted butter in cup, add two eggs and fill the cup with milk. Mix with cup of flour and cup of sugar, baking powder and vanilla. Beat well. Bake fifteen minutes.

NAOMI LEITZ WILLIAMS, Xi.

**White Cake**

|                                 |              |
|---------------------------------|--------------|
| ½ cup butter                    | ¾ cup milk   |
| 1 cup sugar                     | 2 cups flour |
| 3 level teaspoons baking powder |              |
| ½ teaspoon flavoring            |              |
| 3 egg whites                    |              |

**METHOD:**

Cream butter and sugar. Sift flour and baking powder together three times. Add flour and milk alternately until all is used. Add flavoring. Fold in stiffly beaten whites of eggs. Put in two layer pans and bake in moderate oven forty minutes. Frost with chocolate.

ELINOR FLANNERY, Xi.

All you add is water and sugar to the Knox Acidulated package



## Maple Nut Cake

|                              |                             |
|------------------------------|-----------------------------|
| $\frac{1}{2}$ cup shortening | $\frac{1}{2}$ teaspoon salt |
| 1 cup light brown sugar      | 2 teaspoons baking powder   |
| 2 egg yolks                  | 1 cup nut meats             |
| $\frac{3}{4}$ cup milk       | 1 teaspoon vanilla          |
| $1\frac{1}{2}$ cups flour    |                             |

## METHOD:

Mix one-half cup shortening with one cup of light brown sugar. Add two egg yolks. Mix well and add three-fourths cup of milk. Sift together one and one half cups flour, one-half teaspoon salt, and two teaspoons baking powder and add shortening, sugar and egg yolks. Add 1 cup of nut meats and one teaspoon of vanilla. Bake in moderate oven thirty-five minutes. Serves sixteen.

LOUISE VATER, Xi.

## Blitz Torte

|                                |                         |
|--------------------------------|-------------------------|
| 4 egg whites beaten stiff      | $\frac{1}{2}$ cup sugar |
| 6 tablespoons sugar            | 4 egg yolks             |
| $\frac{1}{2}$ cup butter       | 1 cup flour             |
| 1 level teaspoon baking powder |                         |
| 3 tablespoons milk             |                         |

## METHOD:

Whip four egg whites stiff and add six tablespoons sugar. Cream butter and sugar, add other ingredients. Spread egg whites on both layers. Sprinkle chopped almonds on and bake slowly for one-half hour.

*Filling:*

|                         |
|-------------------------|
| 1 cup sour cream        |
| 1 tablespoon cornstarch |
| 3 tablespoons sugar     |

## METHOD:

Boil until thick, flavor with vanilla. Whip in one whole egg and spread between layers when cool.

NAOMI LEITZ WILLIAMS, Xi.

For Dainty Delicious Desserts use Knox Gelatine

**Graham Cracker Cake**

|                          |                    |
|--------------------------|--------------------|
| yolks of 6 eggs          | 1 cup sugar        |
| 10 graham crackers       | 1 tablespoon flour |
| 1 teaspoon baking powder | whites of 6 eggs   |

*Filling:*

½ cup butter (creamed)  
 4 tablespoons milk  
 1½ cups sugar (confectioner's)  
 vanilla

Bake in three layers.

BERNICE WAITE, *Xi*.

**Graham Cracker Cake**

|                             |              |
|-----------------------------|--------------|
| 20 graham crackers          | ½ cup butter |
| 1 cup of flour              | 2 cups sugar |
| 2 tablespoons baking powder | 4 eggs       |

**METHOD:**

Roll out crackers and add flour and baking powder. Cream the butter and sugar, then add the eggs and one teaspoon vanilla, and then add dry ingredients. Bake in layers, in a moderate oven for twenty minutes.

SYLVIA TORPE, *Xi*.

**Graham Cracker Torte**

|                                                   |                           |
|---------------------------------------------------|---------------------------|
| 1 cup sugar                                       | 1 cup milk                |
| ½ cup butter                                      | 2 teaspoons baking powder |
| 2 eggs beaten separately                          |                           |
| 1 box (24) graham crackers<br>(rolled and sifted) |                           |

**METHOD:**

Mix and bake in two layer cake tins which have been buttered and floured. Put crushed fruit or ice cream between layers and whipped cream on top.

GLADYS MARS BECKER, *Xi*.

Try Knox Acidulated Gelatine with the Lemon Flavor enclosed

**Hazel Nut Cake**

|                                            |                     |
|--------------------------------------------|---------------------|
| 8 eggs                                     | 1 lemon rind        |
| 2 cups sugar                               | 2 tablespoons flour |
| 2 cups of hazel nuts ground to a flour     |                     |
| 1 teaspoon baking powder sifted with flour |                     |

**METHOD:**

Beat eggs to a lemon yellow, adding sugar gradually, then lemon rind and nut flour mixed with baking powder and flour. Fold in whites of eggs beaten stiff. Grease and flour a tube pan well and bake for one hour in slow oven.

GLADYS MARS BECKER, Xi.

**Two Minute Cake**

|                                   |                                        |
|-----------------------------------|----------------------------------------|
| 2 eggs                            | $\frac{1}{2}$ cup milk                 |
| 1 cup sugar                       | 1 $\frac{1}{2}$ cups flour sifted with |
| $\frac{1}{2}$ cup butter (melted) | 1 teaspoon baking powder               |
| pinch of salt                     | 1 teaspoon vanilla                     |

**METHOD:**

Mix together eggs, sugar, and melted butter, add flour and baking powder, alternating with milk. Add flavoring and pinch of salt. Mix well and bake in large one layer cake pan, in moderate oven.

RUTH ROSE SMITH, Xi.

**Plain Loaf Cake**

|                          |                                   |
|--------------------------|-----------------------------------|
| $\frac{1}{2}$ cup butter | $\frac{1}{3}$ level teaspoon salt |
| 1 cup sugar              | 1 teaspoon lemon or vanilla       |
| 2 eggs                   | 2 scant cups flour                |
| $\frac{1}{2}$ cup milk   | 2 teaspoons baking powder         |

**METHOD:**

Beat the butter and sugar until light and creamy; add the well-beaten eggs, then the milk and flavoring extract, and lastly, the flour, salt, and baking powder, sifted together. Beat well, and bake in a loaf-cake pan about forty-five minutes.

DELTA ALPHA CHAPTER.

Dainty Recipes in each Knox Gelatine package

## Cup Cakes

|                                        |                                 |
|----------------------------------------|---------------------------------|
| $\frac{1}{3}$ cup butter               | $1\frac{2}{3}$ cups flour       |
| 1 cup sugar                            | $\frac{1}{2}$ teaspoon nutmeg   |
| $\frac{1}{2}$ cup milk                 | $\frac{1}{2}$ teaspoon cinnamon |
| 2 eggs                                 | $\frac{3}{4}$ cup of nuts       |
| $2\frac{1}{2}$ teaspoons baking powder |                                 |

## METHOD:

Cream butter and sugar, add beaten eggs, and flour, baking powder and milk alternately. Add nutmeg, cinnamon and nuts last.

*Icing:*

|                                    |                                      |
|------------------------------------|--------------------------------------|
| $1\frac{1}{4}$ cups powdered sugar | $\frac{1}{2}$ teaspoon melted butter |
| 1 teaspoon vanilla                 | $\frac{1}{2}$ teaspoon baking powder |
| $\frac{1}{8}$ cup hot milk         |                                      |

## METHOD:

Mix in order given and spread on cakes.

JULIA PITKIN DAVENPORT, Xi.

## Spice Crumb Cake

|                                         |                                 |
|-----------------------------------------|---------------------------------|
| 4 cups flour                            | 2 eggs                          |
| 2 cups sugar                            | $1\frac{1}{2}$ teaspoons ginger |
| 1 cup butter                            | $\frac{1}{2}$ teaspoon nutmeg   |
| 1 teaspoon cinnamon                     |                                 |
| 1 cup sour cream with one teaspoon soda |                                 |

## METHOD:

Rub flour, sugar and butter together as for pie crust. Take out two cups and put aside. To remaining crumbs add beaten eggs and cream and spices. Beat until creamy and lumps are out. Put one cup of crumbs which have been set aside, in bottom of pan, put in batter and cover with remaining cup of crumbs. Bake very slowly one hour.

JULIA WINCHELL CAMPBELL, Xi.

Knox Acidulated Gelatine saves the cost, time, and bother of squeezing lemons

### Monkey Cakes

|                             |              |
|-----------------------------|--------------|
| 1 cup sugar                 | 1 egg        |
| butter size of an egg       | 2 cups flour |
| $\frac{1}{2}$ cup sour milk | salt         |
| $\frac{1}{2}$ teaspoon soda | nutmeg       |

#### METHOD:

Mix and drop on tins and put raisins on in threes, making monkey faces. Good for children's parties.

RUTH WALLIS WAGNER, *Chi Alpha*.

### Spice Cake

|                                        |                          |
|----------------------------------------|--------------------------|
| $\frac{1}{2}$ cup butter               | 1 teaspoon soda in milk  |
| 1 cup sugar                            | 1 teaspoon baking powder |
| 1 egg                                  | salt                     |
| 1 cup sour milk                        | 2 cups flour             |
| 1 teaspoon cloves, nutmeg and cinnamon |                          |

#### METHOD:

Cream butter and sugar, add egg, milk and flour alternately and spices. Bake in moderate oven forty minutes.

EDITH CHAMBERLAIN MAAS, *Omicron*.

### Spice Cake with Caramel Frosting

|                                  |                               |
|----------------------------------|-------------------------------|
| $\frac{1}{2}$ cup butter         | 1 teaspoon cinnamon           |
| 1 cup sour milk                  | $\frac{1}{2}$ teaspoon nutmeg |
| 1 $\frac{1}{2}$ cups brown sugar | $\frac{1}{4}$ teaspoon cloves |
| 2 $\frac{1}{2}$ cups flour       | 1 tablespoon cocoa            |
| 2 eggs                           | 1 teaspoon boiling water      |
| 1 level teaspoon soda            |                               |
| 1 teaspoon baking powder (level) |                               |

#### METHOD:

Cream the butter, add the sugar and the yolks of the eggs, and cream. Then add the sour milk, stir into it the soda which has been dissolved in one teaspoonful boiling water, and add the spices and cocoa. Sift the flour twice, reserving one-fourth cupful for the last. Add the flour, stir, then add the baking powder which has been sifted twice with the one-fourth cupful

**Knox Gelatine is highest quality and worth its price**

flour. Stir through gently then add the beaten whites of the eggs and stir gently. Place in layer tins and bake in a moderate oven for thirty minutes.

ADA CALDWELL, *Zeta*.

### Caramel Frosting

|                      |                       |
|----------------------|-----------------------|
| 1½ cups sweet cream  | 3 tablespoons vanilla |
| 1½ cups brown sugar  | 2 tablespoons flour   |
| 3 tablespoons butter |                       |

#### METHOD:

Place all of the ingredients in a double boiler except the vanilla, cook until they thicken, then add the vanilla. Spread between the layers of the spice cake.

ADA CALDWELL, *Zeta*.

### War Cake

|                    |                     |
|--------------------|---------------------|
| 2 cups brown sugar | 1 teaspoon salt     |
| 2 cups hot water   | 1 teaspoon cloves   |
| 2 teaspoons fat    | 1 teaspoon cinnamon |
| 1 package raisins  |                     |

#### METHOD:

Boil ingredients for five minutes. When cold add one teaspoon soda, dissolved in hot water.

2 cups white flour  
1 cup whole wheat flour

#### METHOD:

Bake in two loaves forty-five minutes in slow oven. This cake ripens as does fruit cake.

SYLVIA TORPE, *Xi*.

Where recipes call for Gelatine use Knox Sparkling Gelatine

**Eggless Cake**

- 1 cup sugar
- 2 tablespoons cocoa stirred in sugar
- 1 cup sour milk into which 1 teaspoonful of soda has been beaten
- 2 cups flour
- $\frac{1}{2}$  teaspoon cloves mixed in the flour
- 3 even teaspoons of butter (warmed)

**METHOD:**

This is thick but must be because no eggs are used. Bake *slowly* one hour.

ELEANOR F. LEWIS, Xi.

**Armenian Date Cake**

- |                                      |                        |
|--------------------------------------|------------------------|
| 1 package dates                      | 4 tablespoons cocoa    |
| 7 soda crackers                      | 2 tablespoons cinnamon |
| 6 eggs                               | 1 cup sugar            |
| $\frac{1}{2}$ cup chopped nuts       |                        |
| 2 tablespoons strong coffee (liquid) |                        |

**METHOD:**

Separate the eggs and beat them well. Mix all the dry ingredients together. Beat together with the whites of the eggs. Add the yolks, coffee, and sugar, whipping all thoroughly. Bake for three-fourths hour in a moderate oven.

SALT LAKE CITY ALUMNÆ.

**"Best Ever" Date Cake**

- |                     |                             |
|---------------------|-----------------------------|
| 1 cup boiling water | yolk of 1 egg               |
| 1 cup dates chopped | $1\frac{1}{2}$ cups flour   |
| 1 teaspoon soda     | $\frac{1}{2}$ cup nuts      |
| 1 cup sugar         | white of 1 egg beaten stiff |
| 1 tablespoon butter | 1 teaspoon vanilla          |

**METHOD:**

Pour the boiling water over dates, add soda. Let stand until cool, add to creamed sugar, butter and egg yolk. Spread with whipped cream or caramel frosting.

MARION PERKINS GEMMILL.

Each package of Knox Gelatine makes Four Pints of jelly

### Apple-Sauce Cake

|                                 |                           |
|---------------------------------|---------------------------|
| 2 eggs                          | 3 cups apple-sauce (warm) |
| 1 cup oil                       | 4 cups flour              |
| 2 cups brown sugar              | 2 cups raisins            |
| 2 level teaspoons cinnamon      | 1 teaspoon cloves         |
| 1 teaspoon allspice             | 1 teaspoon mace           |
| 1 teaspoon salt                 | ½ cup nuts                |
| 4 level teaspoons baking powder |                           |

Bake in a tube pan.

DOROTHY SMITH, Xi.

### Apple-Sauce Cake

|                                   |
|-----------------------------------|
| 1 cup sugar                       |
| ½ cup salted lard                 |
| 1½ cups sweetened apple-sauce     |
| 1 cup raisins                     |
| 2½ cups flour                     |
| 2 teaspoons of hot water in which |
| 2 teaspoons of soda are mixed     |
| 1 teaspoon cinnamon               |
| ½ teaspoon cloves                 |
| ½ cup of nuts if desired          |

Mix in order given.

MARION PERKINS GEMMILL, Xi.

### Dutch Apple Cake

|                           |                          |
|---------------------------|--------------------------|
| 2 cups flour              | 4 tablespoons shortening |
| 4 teaspoons baking powder | 1 cup milk               |
| ½ teaspoon salt           | 1 beaten egg             |
| 3 tablespoons sugar       | 2 sliced apples          |

#### METHOD:

Mix and sift dry ingredients, cut in shortening, add milk to beaten egg and add gradually to first mixture, making a smooth batter. Pour in cake tins arrange slices of apple evenly over surface. Sprinkle with one-fourth cup brown sugar mixed with one-half teaspoon cinnamon. Bake in a quick oven.

RUTH WALLIS WAGNER, *Chi Alpha*.

Use Knox Gelatine—the Four Pint package



## Prune Cake

- |                                              |                          |
|----------------------------------------------|--------------------------|
| 1 heaping tablespoon butter                  | 3 eggs                   |
| 1 heaping tablespoon lard                    | 1 cup sour milk          |
| 1 teaspoon baking soda                       | 1 cup boiled prunes      |
| 2½ cups of flour                             | 10 cents chopped walnuts |
| 1 cup of sugar                               |                          |
| 2 teaspoons of baking powder                 |                          |
| 1 teaspoon of cloves, allspice, and cinnamon |                          |

## METHOD:

Cream butter, lard and sugar together, then add other ingredients and bake in a form tin for one-half hour.

SYLVIA TORPE, *Xi*.

## Washington Pie

- |                                   |                             |
|-----------------------------------|-----------------------------|
| 2 eggs                            | ½ cup hot milk              |
| 1 cup sugar                       | 1 rounding cup pastry flour |
| 1 rounding teaspoon baking powder |                             |

## METHOD:

Beat eggs separately and then together. Add sugar; beat well. Add milk. Sift flour and baking powder together three times and fold into mixture with a little vanilla and a pinch of salt.

*Sauce for Pie:*

- |                                 |                          |
|---------------------------------|--------------------------|
| 1 pint milk                     | 2 tablespoons cornstarch |
| ¾ cup sugar                     | pinch of salt            |
| 2 eggs                          | vanilla                  |
| ¼ pound English walnuts, ground |                          |

## METHOD:

Separate eggs and beat yolks and whites separately. Then add sugar, cornstarch, and a little milk. Put milk in double boiler and when hot add egg mixture and beat. Add nuts last. When cake is cool, cut into three sheets, put in custard, and top with whipped cream.

IDAMAY SCHOONOVER, *Xi*.

Knox Gelatine solves the problem of "What to have for dessert?"

**Fruit Cake**

|                                              |                   |
|----------------------------------------------|-------------------|
| 1½ pound butter                              | 3 pounds raisins  |
| 1½ pound flour                               | 1 pound dates     |
| 1 teaspoon baking powder                     | 1 cup molasses    |
| 1½ cups sugar (white)                        | 1 teaspoon soda   |
| 1½ cups sugar (brown)                        | 1 cup brandy      |
| 8 eggs                                       | ¼ teaspoon pepper |
| 1¼ pound almonds blanched and chopped coarse |                   |
| 6 ounces lemon and orange rind               |                   |
| ½ teaspoon cinnamon and of cloves            |                   |
| dash of nutmeg, salt and ginger seasoning    |                   |

**METHOD:**

Cream the butter and sugar. Sift flour, baking powder and soda. Dredge fruit and nuts in flour and add molasses and brandy alternately. Beat eggs and add. Steam four hours and bake one hour. Makes three bread loaves.

GLADYS MARS BECKER, *Xi*.

**White Fruit Cake**

|                                 |       |                           |
|---------------------------------|-------|---------------------------|
| ¾ cup butter }                  | cream | 1 pound white raisins     |
| 2 cups sugar }                  |       | ¼ pound citron            |
| 1½ cups sweet milk              |       | ¼ pound candied cherries  |
| 4 eggs beaten separately        |       | ¼ pound candied pineapple |
| 4 cups flour                    |       |                           |
| 2 large teaspoons baking powder |       |                           |
| ½ cup blanched almonds chopped  |       |                           |
| ¼ pound candied lemon peel      |       |                           |
| ¼ pound candied orange peel     |       |                           |

**METHOD:**

Cream butter and sugar. Add egg yolks beaten. Add 2 cups flour alternately with milk. Mix 2 cups flour with cut up fruit. Add to mixture. Add whites of eggs last. Bake slowly one and one-half hours. Makes two loaves.

LELIA HARWOOD SMITH, *Xi*.

**Knox Acidulated Gelatine—no bother—no trouble—no squeezing lemons**

**Soft Gingerbread**

|                  |                     |
|------------------|---------------------|
| 1 cup sugar      | 1 cup molasses      |
| 1 cup shortening | 1 teaspoon cinnamon |
| 1 cup sour milk  | 1 teaspoon cloves   |
| 2 teaspoons soda | 1 teaspoon ginger   |
| 2 eggs           | 3 cups flour        |

**METHOD:**

Add one teaspoonful soda to sour milk and one to the molasses. Mix ingredients; bake in moderate oven.

LOLA HANAVAN, *Eta.*

**Gingerbread**

|                                                 |                                 |
|-------------------------------------------------|---------------------------------|
| 1 cup molasses                                  | $\frac{1}{2}$ cup milk          |
| $\frac{1}{3}$ cup shortening<br>(boil together) | 1 egg                           |
| sift $1\frac{3}{4}$ cups flour                  | $\frac{1}{2}$ teaspoon cinnamon |
| 2 teaspoons ginger                              | $\frac{1}{2}$ teaspoon salt     |

$1\frac{3}{4}$  teaspoon soda when using sour milk or  $\frac{1}{2}$  teaspoon soda and 3 level teaspoons baking powder with sweet milk.

MARION CRATER DAVY, *Xi.*

**Cheese Cake**

|                         |                                      |
|-------------------------|--------------------------------------|
| 1 cup butter            | $1\frac{1}{2}$ pounds cottage cheese |
| $\frac{1}{2}$ cup sugar | 1 cup sugar                          |
| 3 cups flour            | grated rind of one lemon             |
| 5 egg yolks             | 1 bottle whipped cream               |
| 1 egg                   |                                      |

**METHOD:**

Mix butter, one-half cup sugar and flour. Add one egg. Rub like sand and pat into two large pans. Mix other ingredients, and put in pans. Beat egg whites and add two tablespoons flour. Place on top. Bake one hour.

KATHERINE BENEDICT PETH, *Xi.*

Four separate Desserts or Salads from one Package of Knox Gelatine







## ICINGS

### Seven Minute Icing

|                          |                             |
|--------------------------|-----------------------------|
| 1 cup granulated sugar   | white of one egg            |
| 3 tablespoons cold water | $\frac{1}{4}$ teaspoon salt |

#### METHOD:

Put all of the ingredients in a double boiler over boiling water and beat for seven minutes. Remove from the fire and add any flavoring desired. The icing may be varied by adding melted chocolate or chopped preserved fruits or nuts.

LOUISE SILCOTT, *Xi*.

### Creamy Frosting

|                           |                                      |
|---------------------------|--------------------------------------|
| 1 cup sugar               | $\frac{1}{4}$ teaspoon baking powder |
| white of one egg unbeaten | salt                                 |
| 4 tablespoons water       |                                      |

#### METHOD:

Put all ingredients in double boiler over rapidly boiling water and beat with egg beater five to eight minutes. Remove from fire and beat until cool enough to put on cake.

FRANCES PITKIN ALLEN, *Nu*.

### Caramel Icing

|                               |                        |
|-------------------------------|------------------------|
| 1 pound light brown sugar     | $\frac{1}{2}$ cup milk |
| 1 cup cream                   | 1 tablespoon butter    |
| 1 heaping teaspoon cornstrach |                        |

#### METHOD:

Mix and boil ten or twelve minutes and beat until it creams.

DOROTHY WILSON, *Xi*.

Knox Gelatine is economical—one package makes Four Pints of jelly

**Caramel Frosting**

2 cups brown sugar                      1 tablespoon butter  
 ¾ cup rich sweet cream

**METHOD:**

Boil until it forms a soft ball in cold water. Cool somewhat and add vanilla and beat until creamy.

MARION PERKINS GEMMILL, Xi.

**Fig Filling**

½ package of figs                      1 teaspoon cornstarch  
 ½ cup sugar                              lemon flavor  
 water

**METHOD:**

Cut up figs, cover with water and sugar and cook until soft. Add cornstarch and cook until clear. Add flavoring.

LOIS GOLTRA HEREN, Xi.

**Fig Filling**

½ pound figs                              Butter size of a walnut  
 1 cup raisins                              1 teaspoon vanilla  
 1 cup brown sugar

**METHOD:**

After mixing thoroughly, steam over tea kettle until soft.

HELEN SHURTLEFF, Xi.

**Fudge Frosting**

1 cup sugar                                2 tablespoons butter  
 ⅓ cup milk                                vanilla  
 2 squares bitter chocolate

**METHOD:**

Cook sugar, milk and chocolate three minutes. Add butter and cook until it forms a soft ball in cold water. Remove from fire. Add vanilla and beat until thick.

LELIA HARWOOD SMITH, Xi.

**Knox stands for Quality and Quantity in Gelatine**



**Chocolate Filling**

- |                                |                          |
|--------------------------------|--------------------------|
| 1 cup sugar                    | 2 tablespoons cornstarch |
| 1 cup water                    | 1 tablespoon vanilla     |
| 4 tablespoons grated chocolate |                          |

**METHOD:**

Mix in order given, boil until creamy. Cool slightly and spread between layers of cake.

HELEN SHURTLEFF, *Xi*.

**Chocolate Icing**

- |                        |                            |
|------------------------|----------------------------|
| 1 unbeaten egg white   | 2 squares melted chocolate |
| 1 tablespoon cream     | 1 tablespoon melted butter |
| 1¼ cups powdered sugar | vanilla                    |

**METHOD:**

Mix all together and beat with wire egg beater.

DOROTHY WILSON, *Xi*.

**Uncooked Icing**

- ½ pint cream
- 3 tablespoons powdered sugar
- 2 large tablespoons cocoa
- 1 teaspoon vanilla

**METHOD:**

Beat cream till stiff, add sugar, cocoa and vanilla, lump of butter may be used with less cream and more sugar. Beat until smooth.

DOROTHEA L. RAPP, *Xi*.

**Marshmallow Frosting**

- |                         |                      |
|-------------------------|----------------------|
| 30 marshmallows         | 1 cup powdered sugar |
| 3 tablespoons hot water | vanilla              |

**METHOD:**

Melt marshmallows in a double boiler. Add hot water and sugar. Beat well and flavor with vanilla. Will keep moist for several days.

CORA BEAZLEY HAULENBEEK, *Xi*.

Knox Gelatine makes a transparent, tender, quivering jelly

### Strawberry Icing

1 pint strawberries                      white of 1 egg  
1 cup sugar

#### METHOD:

Mash berries, add sugar and white of egg and beat until stiff with egg beater. Makes plenty for four layers. Red raspberries may be used in place of strawberries.

RUTH ROSENGREN, Xi.

### Maple Syrup Frosting

$\frac{2}{3}$  cup maple syrup                      1 egg white

Put in double boiler over boiling water. Beat with Dover egg beater for eight minutes.

### Honey Frosting

$\frac{2}{3}$  cup (less one tablespoon) of honey  
1 egg white

Put in double boiler over boiling water. Beat with Dover egg beater for eight minutes.

GLADYS MARS BECKER, Xi.

Desserts can be made in a short time with Knox Gelatine

## SAUCES

### White Sauce

This is the foundation for many dishes which can be prepared on the electric stove. It should be carefully made before you begin to prepare the soup, creamed vegetables, or meat. This recipe makes one cup of white sauce.

2 tablespoons flour  
2 tablespoons butter  
1 cup milk

#### METHOD:

Melt the butter, gradually stir in the flour, taking care to get it smooth. Then gradually add the milk or cream, stirring constantly to prevent any lumps and scorching. Season with salt and pepper to taste and use with the other foods as called for.

ELSIE PRATT MILLER, *Lambda*.

### Dry Dressing

Remove the crumb from a loaf of day-old bread. Add salt, pepper and sage and mix thoroughly. Pour over this one-half cup of melted butter and stir until mixed. Stuff into the fowl and bake.

JANET BOWMAN, *Xi*.

### Mint Sauce

Use the young leaves of mint, chopped fine, adding two tablespoons of sugar to three of mint. After mixing add six tablespoons of cider vinegar. This should be made before the meal in order to get the mint flavor.

ELSIE PRATT MILLER, *Lambda*.

A Knox Gelatine Dessert or Salad is attractive and appetizing

### Pudding Sauce

2 eggs

1 cup powdered sugar

#### METHOD:

Separate the eggs and beat whites until stiff. Add half cup sugar sifted gradually. Beat yolks until light colored, beat half cup sifted sugar. Beat together and flavor.

MARION CRATER DAVY, Xi.

### Hard Sauce

1 cup butter

vanilla

1 pound powdered sugar

#### METHOD:

Melt butter, beat sugar into it for fifteen minutes. Add vanilla.

HELEN SHURTLEFF, Xi.

### Hot Tartare Sauce

1 tablespoon butter

1 tablespoon flour

 $\frac{1}{2}$  cup milk $\frac{1}{3}$  cup mayonnaise dressing

1 tablespoon each of chopped olives, capers

1 teaspoon of chopped onion, salt and pepper

#### METHOD:

Melt butter, add flour and milk. When thick add dressing and seasonings.

LELIA HARWOOD SMITH, Xi.

### Butterscotch Sauce

3 tablespoons flour

1  $\frac{1}{2}$  cups boiling water

1 cup dark brown sugar

1  $\frac{1}{2}$  tablespoons butter

#### METHOD:

Mix sugar and flour, add the boiling water, boil for five minutes, add the butter and remove from fire.

ELEANOR F. LEWIS, Xi.

Try the Knox Gelatine recipes found in this book

**Caramel Sauce for Ice Cream**

|                                |             |
|--------------------------------|-------------|
| 1 cup sugar                    | 1 cup cream |
| $\frac{1}{2}$ cup corn syrup   | salt        |
| $\frac{1}{2}$ teaspoon vanilla |             |

**METHOD:**

Boil sugar, syrup, cream, salt and vanilla together until it forms a soft ball. Serves six people.

LOUISE VATER, Xi.

**Chocolate Sauce**

|                                 |                          |
|---------------------------------|--------------------------|
| 3 cups sugar                    | yolks of 3 eggs          |
| 3 cups sweet milk               | 2 tablespoons cornstarch |
| 6 squares unsweetened chocolate |                          |

**METHOD:**

Boil all together, adding beaten eggs last.

SYLVIA TORPE, Xi.

**Chocolate Sauce**

|                     |                         |
|---------------------|-------------------------|
| 1 square chocolate  | 1 cup sugar             |
| 1 tablespoon butter | $\frac{1}{3}$ cup water |

**METHOD:**

Melt chocolate in small saucepan over hot water. Add butter, sugar, and water. Boil fifteen minutes. Cool slightly and add one-half teaspoon vanilla.

ESTELLE SCHOONOVER, Xi.

**Chocolate Sauce**

|                                                   |                             |
|---------------------------------------------------|-----------------------------|
| 1 cup sugar                                       | $\frac{1}{4}$ teaspoon salt |
| 2 tablespoons cornstarch                          | 1 teaspoon vanilla          |
| 2 cups water                                      |                             |
| 6 tablespoons cocoa or 2 squares bitter chocolate |                             |

**METHOD:**

Mix sugar, salt, and cornstarch, add the water, boil, then add the cocoa or chocolate, and boil until it forms a syrup. Remove from fire and add the vanilla.

ELEANOR F. LEWIS, Xi.

**Knox Gelatine—Economy with highest Quality**

**Oyster Cocktail Sauce**

|                                 |                           |
|---------------------------------|---------------------------|
| 2 teaspoons horseradish         | ¼ teaspoon Tobasco sauce  |
| 1 teaspoon salt                 | 2 teaspoons tomato catsup |
| juice of two lemons             |                           |
| 1 teaspoon Worcestershire sauce |                           |

**METHOD:**

Five oysters in each glass. This rule will serve from six to eight people.

GLADYS MARS BECKER, Xi.

**Suet Pudding Sauce**

|                      |            |
|----------------------|------------|
| 1 cup powdered sugar | 1 egg yolk |
| 1 cup whipped cream  | vanilla    |

HAZEL RUSSELL, Xi.

**Chocolate Fudge Sauce for Ice Cream**

|                           |             |
|---------------------------|-------------|
| 1 cup water               | 1 cup milk  |
| 1 square bitter chocolate | 1 cup sugar |

**METHOD:**

Boil water and chocolate together one-half hour in a large saucepan. Add milk and sugar and cook until thick, about one-half hour.

LELIA HARWOOD SMITH, Xi.

Knox Gelatine is the one dessert for all appetites



# Dependably Uniform

We do not hesitate to assert that those seeking table supplies of highest excellence, absolute purity and greatest food value can find none more desirable than

## Richelieu Ferndell *and* Batavia Quality Foods

These foods of superlative quality are at all times maintained on a basis of unvarying uniformity.

Their worth is dependable. Consumers will find their expectations fully realized every time they purchase an item bearing one of these labels. There are no exceptions—no playing fast and loose with values—no apologies ever offered for these goods. They are always right.

Another important thing. Quality considered, the use of these foods is a genuine economy. You not only secure a larger return in actual value for your expenditure, but these foods, because of their sheer goodness, are consumed to the last particle—there is no waste.

## Sprague, Warner & Co.

Chicago



## SALADS

### One Thousand Island Salad Dressing

|                          |                               |
|--------------------------|-------------------------------|
| 2 egg yolks beaten light | $\frac{1}{4}$ cup thick cream |
| $\frac{1}{2}$ cup sugar  | 1 quart pickles               |
| 1 teaspoon salt          | 2 pimentoes                   |
| 2 tablespoons flour      | 2 hard boiled eggs            |
| 1 cup cream or milk      | onion                         |
| 1 cup vinegar            |                               |

#### METHOD:

Mix egg yolks, sugar, salt, flour, cream and vinegar and cook until thick. Then add  $\frac{1}{4}$  cup cream more and beat with Dover egg beater. Chop pickles, pimentoes, eggs and a little onion in small pieces and add to mayonnaise above.

OMICRON.

### Fruit Salad Dressing

|                             |                         |
|-----------------------------|-------------------------|
| 3 tablespoons sugar         | 1 egg                   |
| 1 teaspoon mustard          | juice 2 oranges         |
| 1 tablespoon flour          | juice 1 lemon           |
| $\frac{1}{2}$ teaspoon salt | lump butter size of egg |

#### METHOD:

Cook until thick and add one-half pint whipped cream.

DOROTHY WILSON, Xi.

### Fruit Salad Dressing

|                                       |                             |
|---------------------------------------|-----------------------------|
| 2 eggs well beaten                    | 4 tablespoons vinegar       |
| $\frac{2}{3}$ cup of granulated sugar | butter the size of a walnut |

#### METHOD:

Beat eggs in a cream whipper, add sugar and then vinegar slowly, and butter. Mix well, and then put in double cooker and cook until thick (four or five minutes are all that are necessary). When cold beat in one pint of whipping cream. This amount will serve twelve.

BEE COLLINS, Xi.

Free cook book in each package of Knox Gelatine

### Mayonnaise

|                         |                                |
|-------------------------|--------------------------------|
| $\frac{1}{3}$ cup flour | 4 tablespoons vinegar          |
| 1 cup water             | 1 teaspoon salt                |
| 1 tablespoon butter     | 1 teaspoon sugar               |
| 2 egg yolks unbeaten    | $\frac{1}{2}$ teaspoon mustard |
| 1 cup olive oil         | paprika                        |

#### METHOD:

Place the flour, water and butter in double boiler over boiling water and cook for ten minutes. Pour while hot over the yolks of eggs, oil, vinegar, salt, sugar, mustard and paprika. Beat until thick.

GLADYS MARS BECKER, *Xi*.

### Cabbage Salad Dressing

|                                    |
|------------------------------------|
| $\frac{1}{2}$ cup granulated sugar |
| $\frac{1}{2}$ teaspoon mustard     |
| $\frac{1}{2}$ cup milk             |
| 2 rounded tablespoons flour        |
| $\frac{1}{2}$ teaspoon salt        |

#### METHOD:

Cook slightly in double boiler. Add slowly one-half cup vinegar and one-half cup water and cook until thick. Thin with cream.

GLADYS MARS BECKER, *Xi*.

### Fruit Salad Dressing

|                |               |
|----------------|---------------|
| 1 cup sugar    | 4 eggs        |
| juice 2 lemons | whipped cream |

#### METHOD:

Mix sugar, lemon juice and beaten egg yolks—then add beaten whites. Boil in double boiler until it thickens. Let cool and when ready to serve mix with cream until the right consistency is obtained. Serves sixteen.

RUTH ROSENGREN, *Xi*.

See that the name K-n-o-x is on each package of  
gelatine you buy

### Never Failing Salad Dressing

yolks of 4 eggs or 2 whole ones  
 $\frac{1}{2}$  cup vinegar  
 $\frac{1}{2}$  cup water  
 $\frac{1}{2}$  teaspoon mustard  
 $\frac{1}{2}$  teaspoon salt  
dash of cayenne  
2 slightly rounded tablespoons flour  
 $\frac{1}{3}$  cup sugar  
1 tablespoon butter

#### METHOD:

Beat eggs, add vinegar, water, mustard, salt, pepper, flour and sugar. Cook in double boiler until thick. Add butter or sour cream may be added and less butter.

JESSIE WHITING AXELSON, *Xi*.

### Peach Salad

Peaches (one peach to each person)  
white grapes  
strawberries (in season)  
fresh cherries (or maraschino)  
mayonnaise  
almonds, cut fine

#### METHOD:

Scald, peel and chill peaches. Cut into quarters, remove stones, and arrange on lettuce leaves in cup form so that they are almost erect. Halve grapes, remove seeds, add berries and one tablespoon of nuts to each cup of fruit. Mix with dressing, place in peach cups. Add one tablespoon of dressing on top and garnish with cherry.

ETHELWYNN TIDMARSH, *Xi*.

Knox Gelatine is measured ready for use—two envelopes in each package

**Hot Potato Salad**

|                   |                          |
|-------------------|--------------------------|
| 8 potatoes        | 4 tablespoons of oil     |
| 1 stalk of celery | 4 tablespoons of vinegar |
| 2 onions          | 1 sliced lemon           |
| 1 small cucumber  | 1 teaspoon salt          |
| parsley           | black pepper             |

**METHOD:**

Boil potatoes then slice, add celery, onions, parsley and cucumber. Heat on stove oil, vinegar, lemon, salt and pepper. Pour over salad and heat in oven until warm. Do not brown. Will serve eight.

BOBBY COLE, *Nu.*

**Potato Salad**

|                           |                             |
|---------------------------|-----------------------------|
| 12 potatoes               | $\frac{1}{2}$ glass water   |
| 1 lb. bacon               | $\frac{1}{2}$ glass vinegar |
| 2 onions sliced very fine | A little flour              |
| 1 tablespoon sugar        |                             |

**METHOD:**

Boil potatoes in jackets and slice when warm. Put sliced onions, salt and pepper on top of potatoes. Cut bacon in cubes and fry well. Put sugar and flour in bacon fat, add water and vinegar. Let it come to a boil. Cook until thick. Pour over mixture and stir well.

GLADYS MARS BECKER, *Xi.*

**Nippon Salad**

|                          |               |
|--------------------------|---------------|
| 1 can crabmeat           | 2 cups celery |
| 1 dozen stuffed olives   | sweet pickles |
| seasoning and mayonnaise |               |

**METHOD:**

Shred crabmeat, chop olives, celery and pickles. Season and mix with mayonnaise. Serve on lettuce.

GLADYS MARS BECKER, *Xi.*

**Knox Sparkling Gelatine makes dainty desserts for dainty people**

**Crabmeat Salad**

- |                                  |                              |
|----------------------------------|------------------------------|
| 1 package lemon jello            | 2 tablespoons chopped        |
| 1 cup crabmeat                   | olives                       |
| $\frac{1}{2}$ cup chopped celery | $\frac{1}{2}$ can small peas |
| $\frac{1}{2}$ green pepper       |                              |

**METHOD:**

Mix all together and let harden in molds. Serve with mayonnaise.

HELEN GEMMILL STRICKLER, *Xi*.

**Jellied Salmon Loaf Salad**

- |                                  |                      |
|----------------------------------|----------------------|
| 1 envelope Knox Gelatine         | 2 tablespoons butter |
| 4 tablespoons water              | 1 teaspoon salt      |
| juice one lemon                  | 1 teaspoon mustard   |
| $1\frac{1}{2}$ cups milk         | 1 teaspoon paprika   |
| 2 beaten eggs                    |                      |
| 1 can crabmeat or salmon or tuna |                      |

**METHOD:**

Dissolve gelatine in water and lemon juice. Heat milk, butter, salt, mustard, paprika to boiling point and pour on two well beaten eggs. Let thicken and add gelatine. Put fish in a mold with four hard boiled eggs. Pour above mixture on fish and put in ice box to harden. Cut in slices and serve on lettuce leaves with mayonnaise. Serves eight easily.

LOIS G. HEREN.

**Salmon Salad**

- $\frac{1}{3}$  boned and flaked salmon
- $\frac{1}{3}$  celery diced
- $\frac{1}{3}$  tart apples diced
- mayonnaise (boiled preferred)

**METHOD:**

Chill, garnish with sliced eggs or marinated slices of cucumber. One cup of mixture serves six.

MAY MILLER SHAPARD, *Xi*.

Give the growing children Knox Sparkling Gelatine

**Twenty-four Hour Salad**

- |                              |                      |
|------------------------------|----------------------|
| 1 large can white cherries   | 1 pint cream whipped |
| 1 large can grated pineapple | 1 lemon              |
| 1 lb. almonds blanched       | 1 egg                |
| 1 lb. marshmallows           | 2 tablespoons flour  |

**METHOD:**

Put juice from cherries and pineapple into double boiler. Heat to boiling and thicken with egg and flour. Add lemon juice to sauce when cool. Mix this with other ingredients. Fold in whipped cream last of all. Let stand over night.

HELEN SHURTLEFF, *Xi*.

**Sweetbread Salad**

- |                                   |            |
|-----------------------------------|------------|
| 1 cup cold cooked sweetbreads     |            |
| 1 cup diced celery                | pimientoes |
| $\frac{1}{2}$ cup diced cucumbers | mayonnaise |
| 1 hard boiled egg sliced          |            |

**METHOD:**

Mix sweetbreads, celery, cucumbers, pimientoes and mayonnaise and place on bed of lettuce. Garnish with egg.

JULIA PITKIN DAVENPORT, *Xi*.

**Marshmallow Salad**

- |                                                   |
|---------------------------------------------------|
| $\frac{1}{2}$ pint cream                          |
| 8-10 marshmallows                                 |
| 2 tablespoons mayonnaise                          |
| $\frac{1}{2}$ cup seeded and peeled malaga grapes |
| 1 slice pineapple                                 |

**METHOD:**

Whip cream until stiff; add marshmallows cut in small pieces and let stand for two hours. Cut grapes and pineapples fine, mix with mayonnaise and fold together grapes, pineapple, cream and marshmallows.

LOLA JEFFRIES HANAVAN, *Eta*.

**Knox Sparkling Gelatine improves Soup and Gravies**

canned pears                      mayonnaise  
blanched almonds

Place pears, lump side up and stick them full of strips of blanched almonds.

MICHAL JAMISON CHARLES.

|                            |                    |
|----------------------------|--------------------|
| 1 cup coarsely ground nuts | 2 hard boiled eggs |
| 1 cup chopped cabbage      | 6 pickles          |

Mix ingredients with mayonnaise, and just before serving moisten with a little sweet cream.

STELLA BECKETT McCLURE, *Xi.*

|               |                   |
|---------------|-------------------|
| 1 can shrimps | 1 cup small peas  |
| ½ cup celery  | 1 hard boiled egg |

Cut up celery and egg in small pieces, add shrimps and peas. Mix with mayonnaise, and serve on lettuce garnished with four quarters of fresh tomatoes.

HELEN GEMMILL STRICKLER, *Xi.*

|                 |                  |
|-----------------|------------------|
| 1 pint cabbage  | 1/8 cup cherries |
| 1 cup pineapple | 1/2 cup cocoanut |
| 10 marshmallows | lettuce          |

Brown cocoanut slightly in oven. Combine other ingredients and sprinkle cocoanut on top.

THETA ALPHA.

Ask your grocer for Knox Gelatine—take no other

### Pineapple Salad

- |                                |                    |
|--------------------------------|--------------------|
| 1 slice pineapple (per person) |                    |
| Neufchatel cheese              | 1 cup brown sugar  |
| whipped cream                  | 1 teaspoon vinegar |
| 1 cup pineapple juice          |                    |

#### METHOD:

Make a syrup from the pineapple juice, sugar and vinegar by cooking until it threads. Place pineapple slices on shredded lettuce, smear cheese over and cream on top. Pour syrup over all.

MARGARET BEWLEY, *Tau Alpha Chapter.*

### Vegetable Potato Salad

- |                          |                        |
|--------------------------|------------------------|
| 6 potatoes               | $\frac{1}{2}$ cucumber |
| 6 carrots                | 2 onions               |
| $\frac{1}{2}$ pound peas | parsley                |
| 1 stalk celery           |                        |

#### METHOD:

Dice boiled potatoes, slice lengthwise, cook carrots, add the remaining ingredients, cutting up cucumber and celery and onions. Mix thoroughly with mayonnaise and use salt and pepper to taste. Garnish with strips of pimento. Will serve eight.

BOBBY SHURTLEFF COLE, *Nu.*

### Fruit Salad

- |                             |                          |
|-----------------------------|--------------------------|
| 30 marshmallows             | 1 cup shredded pineapple |
| 1 cup nuts                  | 2 bananas                |
| 1 pound red or white grapes | 2 chopped apples         |

#### Dressing:

- |                                |                             |
|--------------------------------|-----------------------------|
| 4 egg yolks                    | $\frac{1}{2}$ teaspoon salt |
| $\frac{1}{2}$ teaspoon mustard | juice 2 lemons              |

#### METHOD:

Mix and cook until stiff. When cool add two bottles of whipping cream. Mix with fruit and let stand for several hours. Serve twelve.

DOROTHY WILSON, *Xi.*

**Knox Gelatine is Guaranteed to please or money back**



### Lettuce Rolls

|                                    |                                   |
|------------------------------------|-----------------------------------|
| 1 head lettuce                     | $\frac{1}{2}$ cup chopped walnuts |
| 1 cup cottage cheese               | $\frac{1}{2}$ cup mayonnaise      |
| $\frac{1}{2}$ cup seedless raisins | salt                              |

#### METHOD:

Separate and crisp lettuce. Mix remaining ingredients and spread each leaf of lettuce. Roll up like a jelly-roll, and tie with a strip of pimento. In season tie each roll with a nasturium.

BOBBY SHURTLEFF COLE, *Nu.*

### Minute Mayonnaise

|                 |        |
|-----------------|--------|
| 1 egg           | salt   |
| 1 cup olive oil | pepper |
| juice 1 lemon   |        |

#### METHOD:

Beat salt, pepper and egg in a warm vessel, add a tablespoon of oil, beat, then add remainder of oil a little at a time. Lastly add lemon juice.

LOIS GOTTRA HEREN, *Xi.*

### California Salad

- $\frac{1}{2}$  cup sliced ripe olives
- $\frac{1}{2}$  cup chopped pecans or English walnuts
- 2 pimentos cut up fine
- 5 hard boiled eggs diced not too fine

#### METHOD:

Mix in the salad dressing just before serving and put each portion in nest of lettuce leaves. Will serve six.

HELEN SHURTLEFF, *Xi.*

### Stuffed Prune Salad

|                     |              |
|---------------------|--------------|
| 4 prunes per person | chopped nuts |
| cottage cheese      |              |

#### METHOD:

Cook and stone the prunes. Stuff with cottage cheese, season well, serve with whipped cream, mayonnaise dressing.

BOBBY SHURTLEFF COLE, *Nu.*

The Knox Acidulated package contains Lemon Flavoring

**Washington Salad**

|                        |                    |
|------------------------|--------------------|
| 1 pound black cherries | ½ cup cream cheese |
| ½ cup blanched almonds | French dressing    |
| lettuce                |                    |

**METHOD:**

Stone cherries, substitute the almonds for the pits, lay on the hearts of lettuce shredded, decorate with cheese balls, marinate with the dressing, chill and serve.

ELEANOR F. LEWIS, Xi.

**Macedoine Salad**

|                    |                      |
|--------------------|----------------------|
| 1 cup string beans | salt and pepper      |
| 1 cup green peas   | French dressing      |
| 1 cup carrots      | a cooked cauliflower |
| 1 cup celery       | mayonnaise           |

**METHOD:**

Marinate the beans, peas, carrots and celery with the French dressing and let stand one hour. Make a foundation of the cauliflower and heap the vegetables on it and add the mayonnaise.

LELIA HARWOOD SMITH, Xi.

**Tomato Salad**

|                       |                           |
|-----------------------|---------------------------|
| 1 pint tomato juice   | paprika                   |
| ½ teaspoon salt       | 1¼ tablespoons gelatine   |
| ¼ teaspoon onion salt | ½ cup diced cucumber      |
| bay leaf              | ½ cup diced celery        |
| 1 clove               | little diced onion        |
| 1 tablespoon vinegar  | little diced green pepper |

**METHOD:**

Boil first seven ingredients together fifteen minutes, strain and add to gelatine which has been soaked in cold water. Add the cucumber, celery, onion and green pepper. Put in mold and chill.

LOIS GOLTRA HEREN, Xi.

**Knox Gelatine comes in two packages—Plain and Acidulated (Lemon Flavor)**

**Asparagus Gelatine Salad**

- 1 large bunch fresh asparagus
- 2 teaspoons of gelatine
- 2 tablespoons cold water
- 1 cup of hot water (in which asparagus was cooked)
- 1 tablespoon vinegar
- $\frac{1}{4}$  teaspoon salt
- mayonnaise dressing

**METHOD:**

Boil and drain asparagus. Cut tips in two inch lengths and rest in one inch lengths. Soak gelatine in cold water until soft. Add hot water, vinegar and salt. Arrange tips in circle around mould and fill center with inch pieces. Fill to depth of an inch with gelatine mixture and chill. Fill center with peas and mayonnaise dressing.

Border with parsley and radish roses.

JULIA PITKIN DAVENPORT, *Xi*.

**Peach Luffly Salad**

- 1 can peaches
- $\frac{1}{2}$  cup salted almonds (cut up)
- 1 stalk celery

**METHOD:**

Mix celery and nuts with mayonnaise, fill peaches and place on lettuce hearts.

BOBBY SHURTLEFF COLE, *Nu*.

**Tomato Cup Salad**

- tomato per person
- lettuce
- sliced pineapple

**METHOD:**

Hollow out the tomatoes and fill with the pineapple. Place on lettuce leaves and add salad dressing.

GLADYS MARS BECKER, *Xi*.

**Knox Gelatine makes Desserts, Salads, Candies, Puddings, Ices, Etc.**

### Tomato Jelly

- |                                   |                             |
|-----------------------------------|-----------------------------|
| 1 can tomatoes                    |                             |
| 1 medium sized onion              |                             |
| 1 tablespoon mixed spices (whole) |                             |
| 2 tablespoons vinegar             | $\frac{1}{2}$ teaspoon salt |
| $\frac{1}{2}$ cup sugar           | 1 envelope gelatine         |
| dash cayenne pepper               | $\frac{1}{2}$ cup water     |

#### METHOD:

Boil tomatoes, onion and spices until well flavored, strain and add vinegar, sugar, pepper and salt. Dissolve gelatine in water, add to boiling mixture, pour into molds, and chill.

MARION CRATER DAVY, *Xi*.

### Lima Bean Salad

- |                               |                          |
|-------------------------------|--------------------------|
| 2 cups cooked baby lima beans | chopped onions or chives |
| 1 cup diced celery            | salt and pepper          |
| 2 green peppers               | French dressing          |
| 3 large tomatoes              |                          |

#### METHOD:

Slice tomatoes and place three small slices on a lettuce bed. Add other ingredients and French dressing.

JULIA PITKIN DAVENPORT, *Xi*.

### Gelatine Fruit Salad

- |                          |                      |
|--------------------------|----------------------|
| 1 envelope Knox gelatine | 1 can white cherries |
| 1 cup cold water         | cream cheese         |
| 1 can shredded pineapple | juice of one lemon   |
| pinch salt               |                      |

#### METHOD:

Dissolve gelatine in cold water—set over teakettle until liquid is clear. Add the pineapple, juice and all, then the cherries stuffed with cream cheese. Add the lemon juice, salt, then mold and chill. Serve on lettuce with mayonnaise.

HARRIET W. DAVY, *Xi*.

Use Knox Gelatine if you would be sure of results

**Delicious Salad**

1 tablespoon Knox's gelatine  
 1/2 cup cold water  
 1/2 cup boiling water  
 1 cup cucumbers cut up  
 1 cup canned pineapple, cut in small pieces  
 1/3 cup vinegar  
 1/2 cup sugar  
 juice of 1 lemon

**METHOD:**

Soak gelatine in cold water, when dissolved pour into the boiling water, add vinegar, sugar, lemon juice, and let stand until it begins to harden. Then add the cucumber and pineapple. Put in mold which has been oiled with olive oil and chill.

LOIS GOLTRA HEREN, *Xi*.

**Crabmeat Salad**

|                             |                      |
|-----------------------------|----------------------|
| 1 envelope gelatine         | 1 teaspoon salt      |
| 3 tablespoons cold water    | 1 teaspoon mustard   |
| 1 large can crab meat       | 1/2 teaspoon paprika |
| yolks of 2 eggs             |                      |
| 2 tablespoons melted butter |                      |
| 3/4 cup milk                |                      |
| 2 tablespoons vinegar       |                      |

**METHOD:**

Shred crab meat with a silver fork. Mix the gelatine with water. Melt the butter in a saucepan and add the beaten egg yolks mixed with milk, vinegar, and seasonings. Cook mixture in a saucepan until it begins to thicken. Remove from fire, add gelatine mixture and when dissolved add crab meat. Pour into individual wet molds and chill. Turn out and serve on lettuce. This salad is more attractive if the mold is placed on a slice of tomato and is garnished with stuffed olives cut in half. Salmon or tuna fish may be substituted for the crab meat. Serves eight persons.

ALICE E. SHURTLEFF CAMPBELL, *Xi*.

All you add is water and sugar to the Knox Acidulated package

### Jello Salad

- 1 package lemon jello
- 1 cup boiling water
- 1 cup fruit juice
- 1 can grated pineapple (drained)
- ½ can white cherries
- two bananas
- ½ pint whipped cream

#### METHOD:

Dissolve jello in boiling water and when dissolved add the cup of fruit juice in place of the second cup of water required with jello. Then add the pineapple and cherries which have been pitted and stuffed with nuts. Add the bananas sliced thin and any other fruit desired. When it begins to harden beat in the cream, put in moulds.

HARRIET W. DAVY, Xi.

### Salad

- 1 dozen hard boiled eggs
- catsup
- mayonnaise

#### METHOD:

Run eggs through ricer, add a little catsup, moisten with highly seasoned mayonnaise. Put in ring mold, set on ice for three hours. Turn out on platter, garnish with lettuce, paprika and green peppers. Center may be filled with shrimp, crabmeat or tomatoes.

MAY G. M. SHAPARD, Xi.

### Shamrock Salad

- |                      |                     |
|----------------------|---------------------|
| 1 can shrimps        | mayonnaise dressing |
| 1 large green pepper | parsley             |

#### METHOD:

Cut slices of green pepper one inch thick. Place three circles of pepper on a plate to form a shamrock. Fill center with shrimp salad and garnish with parsley.

LOIS GOLTRA HEREN, Xi.

**For Dainty Delicious Desserts use Knox Gelatine**

### Shamrock Salad

2 large green peppers  
 2 packages Neufchatel or Anola cheese  
 ¼ cup nuts  
 2 tablespoons chopped celery  
 1 tablespoon chopped olives  
 ½ teaspoon chopped onion  
 salt  
 pepper

} put through food chopper  
 }  
 } mustard

#### METHOD:

Let peppers stand in salt water for an hour—fill with mixture and let harden—then slice and arrange them in three slices to form shamrock.

HELEN GEMMILL STRICKLER, *Xi*.

### Water Lily Salad

Lettuce leaves                      hard boiled eggs

#### METHOD:

Cut lettuce leaves in five points, place hard boiled egg whites cut in petal strips in a circle on the lettuce leaves and fill middle of each group with a paste made of the yolks of the eggs mixed with mayonnaise. Put the yolks of two eggs through a ricer or sieve and sprinkle over the egg petals to simulate pollen.

LOUISE VATER, *Xi*.

### Shrimp and Celery Salad

After taking shrimp from can, place in cold water for an hour. Drain well and remove black veins and break into small pieces. Toss together with chopped celery and mayonnaise dressing. Serve on lettuce leaf with garnish of stuffed olives sliced.

### Asparagus Salad

Lay asparagus tips (either canned or cooked) on lettuce leaf. Garnish with a teaspoon of cold green peas and strips of pimento. Serve with boiled dressing.

ELSIE PRATT MILLER, *Lambda*.

Try Knox Acidulated Gelatine with the Lemon Flavor enclosed

**Cabbage, Pineapple and Almond Salad**

- |                      |                                     |
|----------------------|-------------------------------------|
| 1 small head cabbage | $\frac{1}{4}$ pound shelled almonds |
| 1 small pineapple    | enough pimento to color             |

**METHOD:**

Shave a small firm head of cabbage very fine. Allow to stand in cold water one hour to become crisp. Peel and cut a small pineapple. Blanch and cut up almonds. Mix together, add pimentos to color, and serve on lettuce with mayonnaise.

ETHELWYNN TIDMARSH, *Xi*.

**Frozen Salad**

- 1 cake blue ribbon cream cheese
- 2 tablespoons cream to soften cheese
- $\frac{1}{2}$  green pepper cut fine
- $\frac{1}{2}$  can pimento (if desired)
- $\frac{1}{2}$  cup celery
- $\frac{1}{2}$  cup nut meats
- 1  $\frac{1}{2}$  cups whipped cream

**METHOD:**

Freeze the mixture in small baking powder cans buried in chopped ice and salt. When ready to serve dip can in hot water, slice the salad and serve on a slice of tomato with French or other dressing.

HARRIET W. DAVY, *Xi*

**Frozen Salad**

- 2 teaspoons granulated gelatine
- $\frac{1}{2}$  cup cold water
- 1 scant cup boiled dressing
- 1 cup grated pineapple
- 2 cups strawberries mashed (let stand with a little sugar before mixing with other fruits)
- 1 pint whipped cream
- 1  $\frac{1}{2}$  cups oranges cut up

**METHOD:**

Pack in ice and salt. Serve on chilled lettuce with whipped cream or salad dressing. Any combination of fruit is good.

MARION CRATER DAVY, *Xi*.

**Dainty Recipes in each Knox Gelatine package**



**Frozen Salad**

- 3 cream cheeses beaten soft
- 1 cup mayonnaise
- 1 cup maraschino cherries, cut fine
- 4 slices pineapple cut fine
- 4 cups pecan meats, sliced
- 1 green pepper, chopped fine
- ½ pint whipping cream

**METHOD:**

Prepare day before using and put in mold lined with oil paper about five hours before serving. Pack in ice and salt. Cut in slices and serve in nest of shredded lettuce with thousand island dressing.

ALVA MELAAS GULIAN, *Nu.*

**Grapefruit Salad**

- 2 grape fruits
- pulverized sugar
- 1½ cups boiling water
- ½ cup sugar
- 1½ tablespoons gelatine

**METHOD:**

Pare fruit and remove skin from sections of fruit. Cover with pulverized sugar. Soak gelatine in a little cold water and dissolve in boiling water. Add sugar. Arrange fruit in mould, pour gelatine and fruit juice over it. Maraschino cherries and parsley may be added if desired. Chill.

LELIA HARWOOD SMITH, *Xi.*

**Spaghetti Salad**

- 1 small box spaghetti
- 1 small bottle stuffed olives
- 2 medium sized onions
- ¼ teaspoon salt
- few grains of paprika
- mayonnaise

**METHOD:**

Slice onions and olives in small pieces and mix with cooked spaghetti. Add mayonnaise and serve on lettuce leaves. Garnish with olives.

MILDRED HOAG, *Upsilon Alpha.*

Knox Gelatine is highest quality and worth its price

### Ginger Ale and Fruit Salad

- |                                                                      |                                |
|----------------------------------------------------------------------|--------------------------------|
| 2 tablespoons gelatine                                               | 2 tablespoons sugar            |
| 2 tablespoons cold water                                             | few grains of salt             |
| $\frac{1}{3}$ cup boiling water                                      | 1 cup ginger ale               |
| $\frac{1}{4}$ cup lemon juice                                        | $\frac{1}{4}$ cup ginger syrup |
| $\frac{1}{3}$ cup malaga grapes, skinned, cut in halves, and seeded. |                                |
| $\frac{1}{3}$ cup celery cut in small pieces                         |                                |
| $\frac{1}{3}$ cup apples, pared, cored and cut in julienne pieces    |                                |
| 4 tablespoons canned pineapple cut in small pieces                   |                                |
| 2 tablespoons canton ginger cut in small pieces                      |                                |

#### METHOD:

Soak gelatine in cold water and dissolve in boiling water. Add ginger ale, lemon juice, sugar, salt and ginger syrup. Let stand until mixture begins to thicken then fold in other ingredients prepared as stated above. Turn into border mold, chill and remove to serving dish. Fill center with cream mayonnaise dressing and garnish with crisp lettuce leaves and a few sprigs of parsley or cress.

It may be moulded in individual moulds and dressing served on one side.

RUTH WALLIS WAGNER, *Chi Alpha*.



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**E. B. MILLAR & CO., Chicago**

Knox Acidulated Gelatine saves the cost, time, and bother of squeezing lemons

**Meat Loaf Salad**

|                                              |                       |
|----------------------------------------------|-----------------------|
| 1½ pounds veal                               | salt and pepper       |
| ½ pound pork                                 | 1 pint of meat liquor |
| 1 tablespoon gelatine dissolved in hot water |                       |
| stuffed olives                               |                       |

**METHOD:**

Boil meat slowly with a bay leaf for three hours. Cool and shred. Strain off the liquor and mix with meat. Dip mould in cold water and fill with meat mixture. Cut olives in two and use as a border. Use mayonnaise if desired.

ETHEL SWITZER HOWARD, *Xi*.

**Ginger Ale Salad**

|                                          |                         |
|------------------------------------------|-------------------------|
| ½ cup boiling water                      | 1½ cups ginger ale      |
| 1 package lemon jello                    | ¼ cup chopped nut meats |
| ¼ cup chopped celery                     |                         |
| 1 cup finely cut assorted fruits         |                         |
| 1 tablespoon chopped crystallized ginger |                         |

**METHOD:**

Pour boiling water over jello. When dissolved, add ginger ale. Set in cold place until it begins to thicken, then add remaining ingredients. Serve in nest of lettuce with whipped cream dressing.

BOBBY SHURTLEFF COLE, *Nu*.

**Stuffed Tomato Salad (with variations)**

Peel and hollow tomatoes.

1. Cottage Cheese, well seasoned, salted almonds, mixed with mayonnaise.
2. Chopped celery and tuna fish, mixed with mayonnaise.
3. Well seasoned crab meat, or use lobster and serve with mayonnaise.
4. Hard boiled eggs and green peppers and mayonnaise.

Where recipes call for Gelatine use Knox Sparkling Gelatine

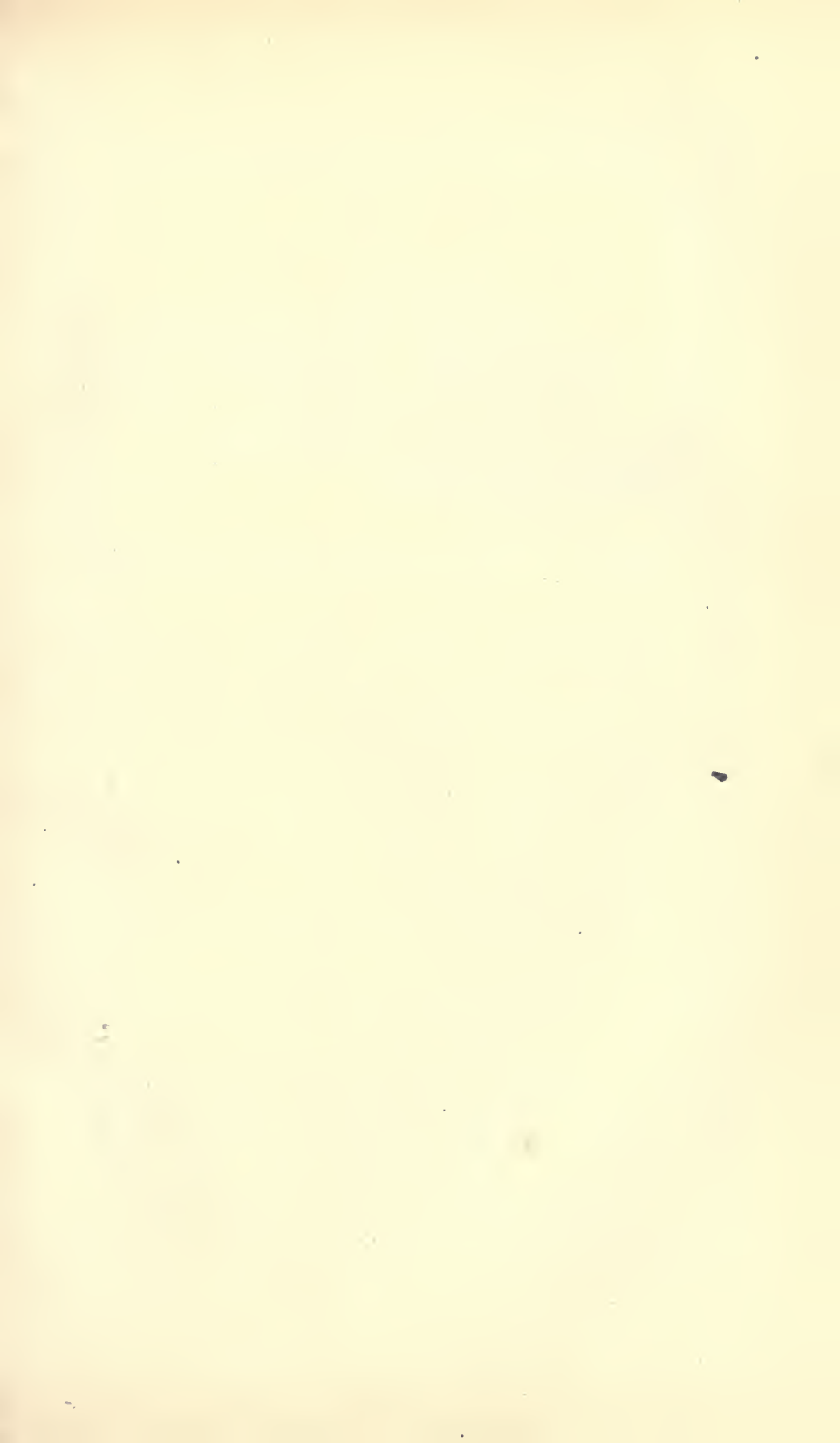
5. Asparagus tips, mayonnaise.
6. Green beans, fresh green peas, mayonnaise.
7. Shredded cabbage and green peppers, mayonnaise.
8. Cucumber and hard boiled egg with mayonnaise.

—Xi.

For Dainty Delicious Desserts use Knox Gelatine









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## PIES

### Pastry

#### GENERAL RULES:

Flakiness depends on kind and amount of shortening used. Lard makes more tender crust than butter but lacks the flavor that butter gives. Any of the vegetable fats may be used. Butter used for pastry should be washed to remove salt and buttermilk, thus making it of a waxy consistency and easy to handle. The shortening may be worked in with tips of the fingers, chopped in with chopping knife, or cut in with two knives.

Ice water should be used in mixing and only enough to make dough soft enough to roll. When mixed, toss on floured board, roll out, fold so as to make three layers, turn half way round and roll out again, repeat twice. Then cut just enough for one crust and roll in circular shape to fit pan. Pastry should be rolled about one-fourth inch thick and should be made a little larger than the plate to allow for shrinking. The top crust should be put in full otherwise it will draw away from the edge and it should be perforated before adjusting to allow the escape of steam. This may be done by cutting some design. The edges of the bottom crust should be moistened with water before adjusting the top one so that when the two surfaces are pressed firmly together the edge will be sealed. Bits of butter are sometimes dotted over top of crust to give it flakiness. Pastry should be started in a quick oven and as soon as surface is set the heat should be reduced and the baking continued with a moderate heat. The time of baking depends on the kind of filling, but is usually thirty minutes or more. When a cooked cream filling is to be used in a one crust pie, it is best to bake the crust first. To do this, fit the pastry carefully on the outside of inverted pie tin, and prick it with a fork to prevent blisters.

RUTH WALLIS WAGNER, *Chi Alpha*.

Knox Gelatine solves the problem of "What to have for dessert?"

**Pie Crust**

|                              |                                      |
|------------------------------|--------------------------------------|
| 1 cup flour                  | $\frac{1}{2}$ teaspoon baking powder |
| scant $\frac{1}{2}$ cup lard | 2 or 3 tablespoons water             |
| salt                         |                                      |

HARRIET WILSON DAVY, *Xi*.**Pumpkin Pie**

|                                  |                            |
|----------------------------------|----------------------------|
| 2 cups best grade canned pumpkin |                            |
| 1 $\frac{1}{2}$ cups sugar       | 2 teaspoons ginger         |
| $\frac{1}{2}$ teaspoon salt      | 1 quart scalded milk       |
| 2 eggs                           | 2 rounding teaspoons flour |
| 2 teaspoons cinnamon             |                            |

Enough for two pies.

**METHOD:**

Beat eggs, add sugar and other ingredients. Put in pie crust and bake.

FRANCES PITKIN ALLEN, *Nu*.**Squash Pie**

|                             |                         |
|-----------------------------|-------------------------|
| 1 $\frac{1}{2}$ cups milk   | $\frac{1}{2}$ cup sugar |
| $\frac{1}{2}$ teaspoon salt | 1 tablespoon butter     |

Put these ingredients in double boiler and heat, but do not boil.

|                         |                    |
|-------------------------|--------------------|
| 1 cup squash or pumpkin | 2 well beaten eggs |
|-------------------------|--------------------|

**METHOD:**

Beat all together and add one scant teaspoon each of ginger and cinnamon. This makes one pie.

HARRIET WILSON DAVY, *Xi*.**Strawberry Pie**

Wash, hull and cut one quart of strawberries. Mash; add about one-half cup sugar and one tablespoon cornstarch. Cook until thick. When cool, put in individual shells and top with whipped cream.

DOROTHY WILSON, *Xi*.

Each package of Knox Gelatine makes Four Pints of jelly

**Cranberry Pie**

- |                                 |             |
|---------------------------------|-------------|
| 1 cup cranberries cut in halves |             |
| 1 cup raisins cut in halves     |             |
| 1 tablespoon flour mixed with   |             |
| 1 cup sugar                     | 1 cup water |
| 1 fig cut fine                  | nut meats   |

**METHOD:**

Mix in order given and put in uncooked crust. Bake in a hot oven reducing the heat after a few minutes.

FRANCES PITKIN ALLEN, *Nu.*

**Green Tomato Mince Meat**

- |                       |                        |
|-----------------------|------------------------|
| 1 peck green tomatoes | 2 cups vinegar         |
| 1 peck apples         | 1½ cups suet (chopped) |
| 1 package raisins     | 2 tablespoons cinnamon |
| 1 package currants    | 2 tablespoons nutmeg   |
| 5 pounds brown sugar  | 1 tablespoon cloves    |
| 2 cups molasses       |                        |

**METHOD:**

Cut tomatoes through chopper, scald and drain three times, Peel and chop apples. Cook one-half hour and can.

BERNICE WAITE, *Xi.*

**Mince Meat**

- |                                                            |                    |
|------------------------------------------------------------|--------------------|
| 1 quart chopped beef (boiled first)                        |                    |
| 1 quart each of raisins, currants, sugar, molasses, boiled |                    |
| cider ( $\frac{2}{3}$ vinegar and $\frac{1}{3}$ water.)    |                    |
| 1½ pints chopped suet                                      | 2 teaspoons cloves |
| 3 quarts chopped apples                                    | 2 teaspoons nutmeg |
| 6 teaspoons cinnamon                                       | 1 tablespoon salt  |

**METHOD:**

Cook all together and can as you would fruit.

HARRIET WILSON DAVY, *Xi.*

**Use Knox Gelatine—the Four Pint package**

**Peach Cream Pie**

- |                              |                     |
|------------------------------|---------------------|
| 1 heaping cup sliced peaches |                     |
| 1 cup sugar                  | 2 tablespoons flour |
| 2 egg yolks                  | 2 tablespoons water |

**METHOD:**

Mix flour, sugar and peaches. Put in pie crust in moderate oven and bake one hour. Use the whites of the eggs for a meringue and pile on top and brown.

GLADYS MARS BECKER, *Xi*.

**Strawberry Pie**

- |                              |               |
|------------------------------|---------------|
| 2 boxes of strawberries      | 2 beaten eggs |
| 1 1/4 cups sugar             |               |
| 4 rounding tablespoons flour |               |

**METHOD:**

Mix strawberries with sugar and flour. Add beaten eggs. Place in pie crusts (uncooked) and bake slowly one hour. Put collar of white cloth around pie to keep from running over.

GLADYS MARS BECKER, *Xi*.

**Raisin Pie**

- |                         |                             |
|-------------------------|-----------------------------|
| 1 cup sugar             | 1 cup seeded raisins        |
| 1 tablespoon flour      | 1 cup cold water            |
| 1 lemon, juice and rind | 2 tablespoons melted butter |
- Bake between crusts. Enough for one pie.

JULIA PITKIN DAVENPORT, *Xi*.

**Raisin Pie**

- |                      |                     |
|----------------------|---------------------|
| 1 cup seeded raisins | 1 teaspoon vinegar  |
| 2 tablespoons sugar  | 1 tablespoon butter |

**METHOD:**

Cook raisins and sugar in enough cold water for one pie; add vinegar, and in a minute add butter. Mix while cooking. Then bake in two crusts. Makes one pie.

JACQUELINE NORWOOD DUFFIE, *Xi*.

Knox Gelatine makes a transparent, tender, quivering jelly

## Custard Pie

|                                |                               |
|--------------------------------|-------------------------------|
| 3 eggs                         | salt                          |
| $\frac{1}{2}$ cup sugar, scant | $\frac{1}{4}$ teaspoon nutmeg |
| 2 cups milk                    |                               |

## METHOD:

Beat eggs well, then add sugar, salt, nutmeg, and milk. Pour into unbaked crust. Bake till it thickens.

MARION PERKINS GEMMILL, *Xi*.

## Chocolate Pie

|                             |                                 |
|-----------------------------|---------------------------------|
| 1 cup milk                  | $1\frac{1}{2}$ teaspoons butter |
| 1 square chocolate (bitter) | $\frac{1}{2}$ cup sugar         |

Scald together.  
 add 2 egg yolks slightly beaten  
 $3\frac{1}{2}$  teaspoons cornstarch mixed with  
 $\frac{1}{8}$  cup of the milk  
 $\frac{1}{2}$  teaspoon vanilla

## METHOD:

Cook ten minutes, stirring constantly, till thick. Put in baked crust when cool. Use whites of 2 eggs and powdered sugar for meringue. Brown in oven.

LELIA HARWOOD SMITH, *Xi*.

## Cream Pie

$\frac{1}{2}$  pint cream  
 2 tablespoons sugar  
 mixed with 1 tablespoon flour  
 $\frac{1}{2}$  pint milk  
 pinch salt

## METHOD:

Mix all together and cook in double boiler. Add flavoring and remove from fire. When stiff, fill a shell and make a meringue of the white of an egg. Brown lightly in the oven.

DOROTHY WILSON, *Xi*.

Knox stands for Quality and Quantity in Gelatine

**Cream Pie**

|                                                                   |                          |
|-------------------------------------------------------------------|--------------------------|
| 2 eggs well beaten                                                | 2 tablespoons cornstarch |
| $\frac{1}{2}$ cup sugar                                           | vanilla                  |
| 1 pint milk ( $\frac{2}{3}$ condensed milk, $\frac{1}{3}$ water). |                          |

**METHOD:**

Mix sugar and cornstarch well, stir eggs into milk and add to first mixture. Add vanilla and put in double boiler and cook till thick enough to cut with a knife. Cool and put in baked pie crust. Add meringue and brown and serve at once. (Use whites of two more eggs and one of eggs used in pie for meringue).

JULIA PITKIN DAVENPORT, *Xi*.

**Pineapple Pie**

|                         |                          |
|-------------------------|--------------------------|
| 1 cup sugar             | $\frac{1}{2}$ cup butter |
| 2 eggs                  | 1 cup grated pineapple   |
| 1 tablespoon cornstarch |                          |

**METHOD:**

Cream butter and sugar. Separate eggs and add yolks. When mixed, add whites and grated pineapple and cornstarch. Cook until thick. Cool and fill shell. Make a meringue with white of one egg and tablespoon of sugar. Brown lightly.

DOROTHY WILSON, *Xi*.

**Rambler Pie**

|                                 |                       |
|---------------------------------|-----------------------|
| 1 $\frac{1}{2}$ cups sugar      | 3 tablespoons vinegar |
| 1 $\frac{1}{2}$ cups sour cream | 1 teaspoon allspice   |
| 1 cup raisins                   | 1 teaspoon cinnamon   |
| 2 tablespoons flour             | 4 egg yolks           |
| 2 tablespoons butter            |                       |

**METHOD:**

Cook all together until thick, bake crust and pour in mixture, with white of eggs on top.

BESS BECKETT MATTHEW, *Xi*.

**Knox Acidulated Gelatine—no bother—no trouble—no squeezing lemons**

**Lemon Pie**

1  $\frac{1}{4}$  cups sugar  
 $\frac{1}{3}$  cup flour  
 few grains salt  
 juice of 1  $\frac{1}{2}$  lemons

Grated rind of one lemon  
 3 egg yolks  
 1 cup boiling water  
 1 teaspoon butter

**METHOD:**

Mix sugar, flour and salt, add boiling water, stirring constantly. Cook fifteen minutes, then add butter, egg yolks, rind and juice of one and one-half lemons. Turn into pie crust which has been baked. Make a meringue of the three egg whites beaten until very stiff and add two tablespoons of sugar and one-fourth teaspoon of lemon flavoring. Cover pie with meringue and bake in moderate oven until brown. This makes one pie.

JACQUELINE NORWOOD DUFFIE, Xi.

**Chess Pies**

$\frac{1}{2}$  cup butter  
 $\frac{1}{2}$  cup sugar  
 3 egg yolks, beaten

1 teaspoon vanilla  
 1 cup chopped dates  
 1 tablespoon lemon juice

**METHOD:**

Put into individual pie crusts and bake. Serve with whipped cream. Will serve eight.

ELIZABETH KUEHMSTED MOORE, Xi.

**Chess Pies**

1 cup sugar  
 $\frac{1}{2}$  cup butter  
 3 egg yolks  
 $\frac{1}{4}$  cup milk

$\frac{3}{4}$  cup English walnuts  
 $\frac{1}{2}$  cup raisins  
 1 teaspoon vanilla

**METHOD:**

Cream together sugar and butter, add well beaten yolks and milk to raisins which have been previously boiled in two cups water until almost dry. Add vanilla. Line gem pans with rich pie crust, fill and bake in hot oven until crust is done. Cover with meringue, return to oven and brown.

MARION CRATER DAVY, Xi.

Desserts can be made in a short time with Knox Gelatine

**Cocoanut Cream Pie**

|                     |                       |
|---------------------|-----------------------|
| 1 pint milk         | whites of 4 eggs      |
| 1 cup sugar         | 1 cup grated cocoanut |
| 1 tablespoon butter | pinch of salt         |
| 4 tablespoons flour |                       |

**METHOD:**

Scald the pint of milk in a double boiler. Add sugar, cocoanut and butter, then the flour and salt which have been mixed with cold milk and lastly the beaten whites of the eggs. Stir gently. Bake crust after pricking with a fork. When both are cold, spread mixture over the crust then whip one and one-half cups cream. Sweeten and spread this over the top or make meringue of whites of four more eggs and spread over top and sprinkle with cocoanut and brown lightly. This is enough for two pies.

CLARINE ANDERSON,  
LELIA HARWOOD SMITH, Xi.

**Butterscotch Pie**

Three tablespoons butter, melt in a spider, cook slowly until light brown. Add three tablespoons flour. Cook as for cream sauce. Add 1 cup milk. In separate dish, beat two eggs light (just the yolks may be used). Add one cup sifted brown sugar. Add this to hot sauce. Boil up. Add little salt. Cool and pour into crusts. Cover with meringue and brown.

MARION CRATER DAVY, Xi.

**Butterscotch Pie**

|                             |                    |
|-----------------------------|--------------------|
| 1 cup brown sugar           | 1 tablespoon flour |
| 1 heaping tablespoon butter |                    |
| Mix together; then add      |                    |
| yolks of 2 eggs             | 1 teaspoon vanilla |
| 1 cup milk                  |                    |

**METHOD:**

Line pie tin with rich crust. Pour in filling and bake in a moderate oven. Use whites of eggs, beaten with two tablespoons powdered sugar for meringue.

LELIA HARWOOD SMITH, Xi.

A Knox Gelatine Dessert or Salad is attractive and appetizing



**Chess Pies**

7 egg yolks  
2 cups powdered white sugar  
1 cup butter  
 $\frac{1}{4}$  teaspoon extract of bitter almond

**METHOD:**

Cream butter and sugar, add the egg yolks which have been well beaten, then the flavoring. Beat all together thoroughly, spread over pastry and bake. When done cool for a few minutes and cover with meringue made of the egg whites, using two tablespoons of white sugar to each egg. Return to oven and brown. This makes three pies.

JANET BOWMAN, *Xi*.

**Four separate Desserts or Salads from one Package of Knox Gelatine**







## DESSERTS AND PUDDINGS

### Egg Cases

whites of 3 eggs beaten stiff  
1 cup sugar added gradually  
1 teaspoon vinegar  
1 teaspoon vanilla

#### METHOD:

Beat until it stands alone. Drop tablespoonfuls on ungreased pan. Bake very slowly forty-five minutes. Lift off top. Fill with preserves and nuts (cherries are delicious). Serve with whipped cream.

DOROTHY E. ROCKWELL, *Eta*.

### Toasted Marshmallows

1 tablespoon granulated gelatine  
1 cup boiling water  
1 cup sugar  
whites of three eggs beaten stiff  
 $\frac{1}{2}$  pound almond macaroons  
2 tablespoons lemon juice

#### METHOD:

Dissolve gelatine in boiling water, add sugar and as soon as dissolved set bowl containing mixture in a pan of ice water. Add whites of eggs and beat until mixture thickens. Turn into a shallow pan first dipped in cold water and let stand until thoroughly chilled. Remove from pan and cut in pieces the size and shape of marshmallows. Roll in macaroons (or grapecuts) that have been dried and rolled. Serve with sugar and cream or custard sauce.

RUTH WALLIS WAGNER, *Chi Alpha*.

**Knox Gelatine is economical—one package makes Four Pints of jelly**

### Macaroon Pudding

|                                        |                             |
|----------------------------------------|-----------------------------|
| 1 tablespoon granulated gelatine       |                             |
| $\frac{2}{3}$ cupful pounded macaroons |                             |
| $\frac{1}{4}$ cupful cold water        | $\frac{1}{8}$ teaspoon salt |
| 2 cups scalded milk                    | 1 teaspoon vanilla          |
| yolks of 3 eggs                        | whites of 3 eggs            |
| $\frac{1}{3}$ cupful sugar             |                             |

#### METHOD:

Make a custard of the milk, salt, sugar, and yolks of the eggs, add the gelatine which has been dissolved in the cold water, and strain into a pan set in ice water. Add the macaroons and flavoring and stir until it begins to thicken, then add the whites of the eggs beaten stiff. Pour in a mold which has been wet with cold water and chill. Serve with macaroons. Serves eight persons.

LOUISE SILCOTT, Xi.

### Lemon Custard Dessert

Dissolve one package of lemon jello and allow to set very hard. Cut in cubes and mix with cubed marshmallows. Put in individual dishes, and pour over two or three tablespoons of thin custard or cornstarch pudding. Put whipped cream on top.

BEE COLLINS, Xi.

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Try the Knox Gelatine recipes found in this book

**Orange Whip**

|                                 |                          |
|---------------------------------|--------------------------|
| 1 tablespoon gelatine           | $\frac{1}{2}$ cup sugar  |
| $\frac{1}{4}$ cup cold water    | 1 cup orange juice       |
| $\frac{1}{4}$ cup boiling water | 1 tablespoon lemon juice |
| $1\frac{1}{2}$ cups cream       |                          |

**METHOD:**

Mix gelatine and cold water. When dissolved add boiling water and sugar and fruit juices. Let set. Then whip the cream and beat all together. Chill. Serves eight.

LELIA HARWOOD SMITH, *Xi*.

**Strawberry Charlotte**

|                                 |                          |
|---------------------------------|--------------------------|
| $\frac{1}{3}$ box gelatine      | juice of one lemon       |
| $\frac{1}{3}$ cup cold water    | one cup strawberry juice |
| $\frac{1}{3}$ cup boiling water | whites of three eggs     |
| one cup sugar                   | one pint whipped cream   |

**METHOD:**

Soak gelatine in cold water, dissolve in boiling water; add sugar and strawberry juice. Stir in pan of ice water until begins to thicken. Add whites of eggs beaten stiff and whipped cream.

OPHELIA WHITE RUSSUM, *Psi*.

**Jello Plum Pudding**

|                                           |                                   |
|-------------------------------------------|-----------------------------------|
| 1 package lemon jello                     | $\frac{1}{4}$ cup citron—cut fine |
| 1 pint boiling water                      | $\frac{1}{2}$ teaspoon cinnamon   |
| $\frac{3}{4}$ cup grape nuts              | $\frac{1}{4}$ teaspoon cloves     |
| $\frac{3}{4}$ cup seeded raisins          | salt to taste                     |
| $\frac{3}{4}$ cup prunes—cut up           |                                   |
| $\frac{3}{4}$ cup English walnuts—chopped |                                   |

**METHOD:**

Dissolve jello into boiling water and while hot stir in all the other ingredients. Put in mold and let harden. Serve with whipped cream or pudding sauce.

ETHELWYNN MAGEE TIDMARSH, *Xi*.

**Knox Gelatine is Guaranteed to please or money back**

### Orange Charlotte in Orange Baskets

Soak one and one-half tablespoons gelatine in one-third cup cold water, then dissolve in one-third cup boiling water, strain, add one cup sugar, three tablespoons lemon juice, three-fourths cup orange juice and pulp, one-fourth cup grated rind. Chill in pan of ice water. When quite thick beat with a wire whip until foamy, then add the stiffly beaten whites of three eggs, continue beating, then fold in two cups whipped cream. Moisten the inside of orange baskets with a little of the mixture. Sprinkle with finely chopped pistachio (or other) nut meats, fill each basket with mixture. Sprinkle tops with chopped nut meats; chill and serve.

HARRIET WILSON DAVY, *Xi*.

### Raspberry Bavarian Cream

Soak one-fourth package granulated gelatine in one-fourth cup raspberry juice twenty minutes, dissolve over hot water. Scald one cup raspberry juice, the juice of one lemon and one-half cup sugar. Stir until sugar is dissolved. Strain gelatine into mixture and set in ice water and stir until it begins to thicken. Whip one and one-half cups heavy cream until solid. Add a part of the whipped cream to the first mixture, beating it in with a wire whip, then add remaining cream a little at a time, folding it into gelatine mixture. When mixture is chilled enough to hold its shape, turn it into a mold, cover and chill thoroughly. Unmold on cold serving dish and surround with a fluffy border of whipped cream tinted a delicate green.

HARRIET WILSON DAVY, *Xi*.

### Pineapple Bavarian Cream

|                         |                                |
|-------------------------|--------------------------------|
| 1 pint grated pineapple | $\frac{1}{2}$ package gelatine |
| 1 small teacup sugar    | $\frac{1}{2}$ cup cold water   |
| 1 pint whipping cream   |                                |

#### METHOD:

Cook the pineapple with the sugar for twenty minutes. Add the gelatine, which has been soaked a few minutes in the water. Strain into a pan and rub the pineapple through a sieve. Beat

**Knox Gelatine—Economy with highest Quality**



until it begins to thicken and add the whipped cream. When well mixed pour into a mould and put away to harden.

Can be made with the juice of two oranges and one lemon. Serves eight people.

ESTELLE SCHOONOVER, *Xi*.

### Berry Frappe

- 1 package raspberry or strawberry jello
- 1 pint boiling water                      crushed fruit
- 1 pint whipped cream

#### METHOD:

Dissolve jello in boiling water. Just as it begins to thicken, beat with an egg beater and add whipped cream, beating all together until thick. Serve in frappe glasses partly filled with crushed fresh raspberries or strawberries.

HELEN SHURTLEFF, *Xi*.

### Apple Snow

- 1 cup tart apples                      sugar
- whites of three eggs

#### METHOD:

Stew apples, rub through a sieve, sweeten to taste, add eggs gradually, beating. Chill and serve.

JULIA PITKIN DAVENPORT, *Xi*.

### Fruit Tapioca

- 1 cup water                      2 tablespoons sugar
- 1/2 cup blackberry juice        6 tablespoons minute tapioca

#### METHOD:

Cook twenty-five or thirty minutes. Take off and add one tablespoon lemon juice.

HELEN SHURTLEFF, *Xi*.

See that the name K-n-o-x is on each package of  
gelatine you buy

**Chocolate Tapioca**

|                                            |                         |
|--------------------------------------------|-------------------------|
| $\frac{1}{4}$ cup minute tapioca soaked in |                         |
| $\frac{1}{2}$ cup cold water               | $\frac{1}{2}$ cup sugar |
| pinch salt                                 | 1 square chocolate      |
| $1\frac{1}{2}$ cup boiling water           | vanilla                 |

**METHOD:**

Add boiling water to soaked tapioca and cook until clear. Add sugar, melted chocolate, vanilla and salt, and chill. Nuts, cherries or cocoanut may be added. Serve with whipped cream.

HELEN SHURTLEFF, Xi.

**Rose Pudding**

|                                  |             |
|----------------------------------|-------------|
| 1 quart raspberries              | cinnamon    |
| 1 quart red currants             | lemon rind  |
| 1 pint water                     | 1 cup sugar |
| 2 heaping tablespoons cornstarch |             |

**METHOD:**

Wash fruit, cook in water, strain, add sugar, cornstarch, cinnamon and grated lemon rind. Boil two minutes and chill.

DOROTHEA L. RAPP, Xi.

**Pineapple Pudding**

Beat the yolks of two eggs. Add one-half cup of sugar, one tablespoon of cornstarch and juice of can of pineapple. Cook until thick. Place halves of lady fingers in sherbert glasses and arrange pieces of pineapple over them. Pour custard on top and heap the beaten whites of the eggs on top. Will serve six.

LOIS GOLTRA HEREN, Xi.

**Pineapple Whip**

|                                  |                         |
|----------------------------------|-------------------------|
| 1 can crushed pineapple          | $\frac{1}{2}$ cup sugar |
| $\frac{1}{2}$ pint cream whipped | 1 box marshmallows      |

**METHOD:**

Cut marshmallows into small pieces. Mix with pineapple and sugar. Let stand for three hours. About an hour before serving, fold in the whipped cream.

ORLETTA RIDEOUT BENNETT, Omicron.

**Knox Gelatine is the one dessert for all appetites**

**Paradise Pudding**

Cut into small pieces—

12 marshmallows

6 almond macaroons

12 maraschino cherries

$\frac{1}{4}$  pound blanched almonds

**METHOD:**

Set aside in cool place. Pour pint of boiling water over one box of raspberry jello. Add one-half cup sugar. When it begins to set, whip to the consistancy of whipped cream. Add one-half pint of whipped cream. Next add the above mixture. Pour into bread tin, lined with waxed paper and set in a cold place to harden. Cut into slices and serve with whipped cream.

DOROTHY SMITH, Xi.

**Strawberry Fluff**

1 pint strawberries

$\frac{1}{2}$  pint whipping cream

12 marshmallows

**METHOD:**

Cut berries in small pieces. Let stand in sugar about ten minutes, cut marshmallows into small pieces and add to berries; then stir in the whipped cream. Serves six generously.

DOROTHY SMITH, Xi.

**Strawberry Floating Island**

1 pint strawberries

$\frac{1}{2}$  cup granulated sugar

2 eggs

salt

$\frac{1}{2}$  cup powdered sugar

vanilla

1 pint milk

**METHOD:**

Crush berries and sweeten as desired. Make a custard of the milk, granulated sugar and yolks of the eggs and vanilla. When cool pour over the crushed berries in sherbert glasses. Beat the whites of the eggs and gradually mix in the powdered sugar and sufficient of the berry juice to color it. Heap lightly on the custard and chill.

JULIA PITKIN DAVENPORT, Xi.

Knox Gelatine is measured ready for use—two envelopes in each package

**Banana Fluff**

Rub two or three ripe bananas through a ricer, and mix with a cup of stiffly whipped cream. Sweeten slightly to taste, pile in sherbert glasses and put a very little grated chocolate or cocoa on top of each. Serve very cold.

ETHELWYNN MAGEE TIDMARSH, Xi.

**Cinnamon Apples (or Rose Apples)**

8 large Greenings( pared and cored)  
10 cents worth of cinnamon candies (little red ones)  
butter, sugar, water

**METHOD:**

Bake until tender, turning over in juice to make red all over. May be served on rose leaves with whipped cream as a dessert, or on lettuce with mayonnaise as a salad.

HARRIET WILSON DAVY, Xi.

**Peach Dessert**

|                          |               |
|--------------------------|---------------|
| peach per person         | nuts          |
| marshmallows             | whipped cream |
| boiled or uncooked icing |               |

**METHOD:**

Pare peaches and cut in halves. Place marshmallows in center and close. Roll in icing and then in chopped nuts. Chill and serve with whipped cream.

MARION PERKINS GEMMILL, Xi.

**Spanish Cream**

|                |                     |
|----------------|---------------------|
| ½ box gelatine | 3 tablespoons sugar |
| 1 quart milk   | 3 egg whites beaten |
| 3 egg yolks    | 3 tablespoons sugar |

**METHOD:**

Soak gelatine in milk, place in double boiler and when hot add the yolks and the sugar, which have been beaten together, beat until partly cool then add the beaten whites and sugar. Flavor with vanilla and pour into moulds.

BOBBY SHURTLEFF COLE, Nu.

Free cook book in each package of Knox Gelatine

**Turkish Cream**

|                                   |                                 |
|-----------------------------------|---------------------------------|
| $\frac{1}{2}$ package lemon jello | $\frac{1}{2}$ cup boiling water |
| $\frac{1}{2}$ pint cream          | 1 teaspoon vanilla              |
| 2 tablespoons sugar               | fruit                           |

**METHOD:**

Dissolve jello in boiling water, mix with whipped cream and add green grapes, bananas and nuts.

JESSIE POND WEYMAN, *Xi*.

**Snow Pudding**

|                                  |                               |
|----------------------------------|-------------------------------|
| 1 tablespoon granulated gelatine |                               |
| $\frac{1}{4}$ cup cold water     | $\frac{1}{4}$ cup lemon juice |
| 1 cup boiling water              | 3 egg whites                  |
| 1 cup sugar                      |                               |

**METHOD:**

Soak gelatine in cold water, dissolve in boiling water, add sugar and lemon juice, strain and set aside in a cool place. Stir occasionally and when quite thick stir with wire spoon until frothy; add whites of eggs beaten stiff and continue beating until stiff enough to hold its shape. Mold in a glass dish and serve with boiled custard or golden sauce. Serves six.

LOUISE VATER, *Xi*.

**Golden Sauce**

|                                 |               |
|---------------------------------|---------------|
| 1 heaping tablespoon cornstarch |               |
| 1 pint milk                     | pinch of salt |
| $\frac{2}{3}$ cup sugar         | 2 egg yolks   |

**METHOD:**

Bring to a boil one pint milk; mix a heaping tablespoon of cornstarch in a little cold milk, add two-thirds cup of sugar and a pinch of salt. Mix thoroughly with the beaten yolks. Add slowly to the hot milk, stir well while thickening. Flavor with a little vanilla. Serves six people.

LOUISE VATER, *Xi*.

**Knox Sparkling Gelatine** makes dainty desserts for dainty people

### Grapefruit Jelly

|                               |                         |
|-------------------------------|-------------------------|
| 2 tablespoons gelatine        | $\frac{3}{4}$ cup sugar |
| $\frac{1}{2}$ cup water       | 3 cups grapefruit pulp  |
| $\frac{1}{2}$ cup lemon juice | 2 cups boiling water    |

#### METHOD:

Dissolve gelatine in cold water, add lemon juice, sugar, grapefruit and boiling water. Stir well, put in mold and chill.

DOROTHY RAPP, *Xi*.

### Prune Mould

|                                        |
|----------------------------------------|
| 1 heaping tablespoon powdered gelatine |
| 3 tablespoons sugar                    |
| 2 cups water                           |
| $\frac{1}{2}$ pound prunes             |
| Strained juice of one orange           |

#### METHOD:

Soak prunes, cut in halves and put in sauce pan with water and sugar. Cook slowly until soft, then add gelatine (dissolved in hot water and the orange juice). Pour into wet ring mould and allow to become firm. Serve with whipped cream in center. Decorate with lady fingers.

FRANCES PENNEWELL.

### Prune Whip

|             |                          |
|-------------|--------------------------|
| 20 prunes   | 2 eggs (whites)          |
| 1 cup sugar | 1 tablespoon lemon juice |

#### METHOD:

Put just enough water on twenty prunes to cover, cook until tender, then pit. Put the prune pulp in the water in which it was boiled. Add one cup of sugar and simmer until thick, then add by spoonfuls to the stiffly beaten whites of two eggs. Add 1 tablespoon of lemon juice, beat until thick and light. Serves four to six people.

GLADYS CARLSON SCOTT, *Xi*.

Give the growing children Knox Sparkling Gelatine

**Porcupine Apple**

1½ cup sugar

1 cup water

as many apples as desired; peel and core whole apples.

**METHOD:**

Boil sugar and water until thick syrup. Put apples in syrup and boil until transparent. Put coloring in if used. Take apples out and stick in blanched almonds. Boil down syrup and put over apples. Serve with whipped cream.

ESTHER LEAS, *Xi*.**Sailor Duff**

1 egg

½ cup hot water

2 tablespoons melted butter

1 teaspoon soda

2 tablespoons sugar

1¾ cups flour

½ cup molasses

**METHOD:**

Steam in small moulds one-half hour. If large mould is used, steam longer. Sauce: Mix thoroughly yolks of two eggs and one cup powdered sugar. Add eight to ten drops of Maplene and mix thoroughly. One bottle of cream whipped stiff. Mix with the above. Keep cool and do not let stand too long.

DOROTHY SMITH, *Xi*.**Molasses Pudding**

1 cup molasses

1 cup flour

½ cup hot water

½ teaspoon baking powder

1 teaspoon soda

1 egg beaten

½ teaspoon salt

Steam one hour and serve with the following sauce—

½ cup butter and

1 cup sugar creamed together

1 egg well beaten

½ pint whipping cream whipped separately, then added to sauce.

MILDRED HOAG, *Upsilon Alpha*.

**Knox Sparkling Gelatine improves Soup and Gravies**

### Steamed Strawberry Pudding

Make a baking powder biscuit dough. Add one-half cup (more if desired) crushed strawberries which have been standing sprinkled with sugar. Steam one-half hour in individual molds. Serve at once with hard sauce made with powdered sugar and strawberry juice.

MARION CRATER DAVY, *Xi*.

### Cherry Pudding

|                         |                                        |
|-------------------------|----------------------------------------|
| $\frac{1}{2}$ cup sugar | 1 cup milk                             |
| butter size of a walnut | $1\frac{1}{2}$ cups flour              |
| pinch of salt           | $1\frac{1}{2}$ teaspoons baking powder |

#### METHOD:

Mix ingredients and put into baking tin. Add one cup cherries, one cup boiling water, one cup sugar. Pour this over the batter and bake forty minutes.

HARRIET WILSON DAVY, *Xi*.

### Apricot Cake

$\frac{1}{2}$  cup butter—melt in 10 inch spider  
 1 cup brown sugar  
 Melt together and smear around edge  
 1 can apricots—no juice—place skin down in spider.

Make following batter, rather thin, and pour on top of apricots:

|                               |                          |
|-------------------------------|--------------------------|
| 1 cup sugar                   | 1 teaspoon baking powder |
| 1 cup flour                   | 4 egg yolks beaten       |
| 6 to 8 tablespoons cold water |                          |

#### METHOD:

Bake slowly about forty-five minutes. Let cool before turning out.

Pineapple slices may be used instead of apricots and three eggs instead of four egg yolks.

Serve with whipped cream.

JANET BOWMAN, *Xi*.

BOBBY SHURTLEFF COLE, *Nu*.

Ask your grocer for Knox Gelatine—take no other



## Pineapple Torte

|                                         |           |
|-----------------------------------------|-----------|
| 6 tablespoons butter                    | } creamed |
| 3 tablespoons sugar                     |           |
| 3 eggs (2 yolks and 1 whole egg) beaten |           |
| 2 cups flour                            |           |
| 1 heaping teaspoon baking powder        |           |
| pinch salt                              |           |

## METHOD:

Roll out cold and put in spring form (torte pan) or cake tins with detachable sides. Put in following filling and bake slowly:

Two egg whites beaten stiff and mixed with one-half cup powdered sugar, drain juice from one quart shredded pineapple and add one-fourth cup powdered sugar; one-fourth pound blanched and chopped almonds. Mix with pineapple and fold in whites. Bake twenty-five minutes in moderate oven. Serve with whipped cream.

ALTA KINDSCHI TARNUTZER, *Nu.*

## Date Pudding

|                        |                                |
|------------------------|--------------------------------|
| 1 cup dates            | 3 eggs                         |
| 1 cup walnut meats     | 1 heaping tablespoon flour     |
| 1 cup bread crumbs     | 1 teaspoon baking powder       |
| 1 cup sugar            | $\frac{1}{2}$ teaspoon vanilla |
| $\frac{3}{4}$ cup milk |                                |

## METHOD:

Put dates, nuts and bread crumbs through the meat chopper. Put sugar and milk over them and let stand at least one hour. Then beat the eggs well (whole eggs) and stir into this mixture. Add flour and baking powder. Flavor with vanilla. Put in buttered dish and bake for fifteen minutes. Then take out and beat all together well. Put back in oven and bake until firm—five or ten minutes. Serve with unsweetened whipped cream. Serves about ten people and is good either hot or cold.

FRANCES PENNEWELL, *Xi.*

Knox Gelatine comes in two packages—Plain and Acidulated (Lemon Flavor)

### Pequot Pudding

|                                      |                             |
|--------------------------------------|-----------------------------|
| $\frac{1}{4}$ cup granulated tapioca | $\frac{1}{2}$ teaspoon salt |
| 2 tablespoons corn meal              | 1 quart scalded milk        |
| $\frac{1}{4}$ cup shredded cocoanut  | 1 cup brown sugar           |

#### METHOD:

Mix the tapioca, cornmeal, cocoanut and salt and add to the milk. Cook until it begins to thicken, add the sugar, pour into a buttered pudding dish, and bake forty-five minutes. With a fireless cooker, gas range, fifteen minutes with the gas on is long enough, and after the gas is shut off the pudding may be left in the oven indefinitely if it is covered. This pudding may be served hot with melted butter, or very cold with cream. Serves eight.

JANE PRUDEN TOTTEN, Xi.

### Date Pudding

|                    |                          |
|--------------------|--------------------------|
| 1 cup dates        | 1 cup milk               |
| 1 cup walnut meats | 1 egg                    |
| 1 cup bread crumbs | 1 teaspoon baking powder |
| 1 cup sugar        | vanilla                  |

Mix ingredients and bake one-half hour in a moderate oven.

HELEN SMITH STEINHILBER, *Omicron*.

May omit bread crumbs and use three tablespoons flour instead and serve with whipped cream.

MARION PERKINS GEMMILL, Xi.

### Date Soufflé or Torte

|               |                            |
|---------------|----------------------------|
| 2 eggs        | 1 heaping tablespoon flour |
| 1 cup sugar   | 1 teaspoon baking powder   |
| 1 cup walnuts | vanilla                    |
| 1 cup dates   |                            |

#### METHOD:

Mix in order after beating eggs well. Bake twenty minutes in moderate oven. Serve with whipped cream.

ETHELWYNN MAGEE TIDMARSH, Xi.

Knox Gelatine is Guaranteed to please or money back

### Date Cake

|                                |                                |
|--------------------------------|--------------------------------|
| 1 cup chopped dates            | 1 cup hot water                |
| 1 teaspoon soda                | 1 cup sugar                    |
| 2 scant cups flour             | 1 egg                          |
| 1 level teaspoon baking powder |                                |
| 1 tablespoon butter            | $\frac{1}{2}$ cup chopped nuts |

#### METHOD:

Over 1 cup dates chopped, pour one cup of hot water in which one teaspoonful of soda has been dissolved. Let it stand while you mix the following: one cup sugar, two scant cups flour, one egg, one level teaspoon baking powder, one tablespoon butter and one-half cup chopped nuts. Stir all together and bake very slowly.

Serve with whipped cream.

HELEN SHURTLEFF, Xi.

### Apple Dumpling

|                          |                     |
|--------------------------|---------------------|
| 1 cup flour              | brown sugar         |
| 1 teaspoon baking powder | 1 tablespoon butter |
| salt                     | milk                |

apples cut in pieces and seasoned with nutmeg or cinnamon and sugar

#### METHOD:

Mix flour, baking powder, butter and salt. Add enough milk to make it soft. Roll out thin and fill with pieces of apples. Roll the apples up in the dough, using the dough as a blanket, place in a syrup made of the brown sugar, a little butter and water. Bake thirty minutes. Serve with the syrup for sauce. Thick cream may also be used with the sauce. This recipe serves four.

GLADYS CARLSON SCOTT, Xi.

Knox Gelatine makes Desserts, Salads, Candies, Puddings, Ices, Etc.

**Cold Chocolate Bread Pudding**

|                      |                      |
|----------------------|----------------------|
| 1 cup bread crumbs   | 2 eggs               |
| 2 cups milk          | 2 tablespoons butter |
| 1½ squares chocolate | ½ teaspoon salt      |
| ¾ cup sugar          | ½ teaspoon vanilla   |

**METHOD:**

Soak bread crumbs in one and one-half cups milk. Add melted chocolate and sugar. Cook in double boiler until smooth as paste. Mix yolks and remaining one-half cup milk, butter, salt and vanilla into mixture. Put into buttered baking dish and when a little cool put the whites on top and bake until the whites are brown.

JULIA PITKIN DAVENPORT, Xi.

**Steamed Chocolate Pudding**

|                             |                            |
|-----------------------------|----------------------------|
| ½ cup sugar                 | 1½ cups flour              |
| 2 tablespoons melted butter | 2 teaspoons baking powder  |
| 1 egg                       | 1 square chocolate         |
| ¾ cup milk                  | Steam one hour, uncovered. |

**Sauce:**

|                       |       |
|-----------------------|-------|
| ½ pint whipping cream | 1 egg |
| 1 cup sugar           |       |

Cream half the sugar with beaten yolk and other half with beaten white. Then put together.

JULIA WINCHELL CAMPBELL, Xi.

**Chocolate Pudding**

|                           |                    |
|---------------------------|--------------------|
| 2 cups sweet milk         | ½ square chocolate |
| 2 whole eggs              | (melted)           |
| 2 tablespoons corn starch | salt               |
| 3 tablespoons of sugar    | vanilla            |

**METHOD:**

Put milk in a double boiler and when it reaches the boiling point add the sugar and cornstarch dissolved in a little cold milk,

**The Knox Acidulated package contains Lemon Flavoring**

and lastly the eggs beaten to a froth, and let cook a few minutes. Then add the chocolate which has been melted and the vanilla. Serves four to six persons.

GLADYS CARLSON SCOTT, *Xi*.

### Cocoanut Custard

|                           |                              |
|---------------------------|------------------------------|
| 3 eggs                    | $\frac{1}{2}$ cup sweet milk |
| $1\frac{2}{3}$ cups sugar | 1 grated cocoanut            |
| 1 tablespoon butter       |                              |

#### METHOD:

Beat the eggs and add sugar, then the melted butter, milk and last cocoanut. Bake in pastry having no top crust. This quantity makes two pies.

EPSEY and SALLIE MORGAN, *Xi*.

### Rice Pudding

|                            |                                  |
|----------------------------|----------------------------------|
| $\frac{1}{2}$ cup rice     | $\frac{1}{2}$ teaspoon salt      |
| 1 quart cold water         | $\frac{3}{4}$ cup sugar          |
| 1 pint milk                | $\frac{1}{2}$ pint whipped cream |
| $\frac{1}{3}$ box gelatine | 1 teaspoon vanilla               |

#### METHOD:

Put the rice in the quart of cold water. Bring to a boil; pour off water and add half pint of milk. Boil one hour in double boiler. Soak gelatine in cold water until soft. Add salt, sugar. Add these to the cooked rice. Place dish in cold water and stir until mixture is cold. Then add whipped cream and vanilla. Place in mold. Serve with chocolate sauce.

ESTELLE SCHOONOVER, *Xi*.

### Maple Nut Mousse

Two teaspoonsful of Knox's granulated gelatine dissolved in two tablespoonsful of cold water. Let one cup of maple syrup come to a boil, pour it over the gelatine and beat until cold. Whip one pint of cream, beat into the other and add one-half cup of finely chopped nuts. Serve with whipped cream.

CLARINE ANDERSON, *Xi*.

Use Knox Gelatine if you would be sure of results

### A Simple Ginger Pudding

|                                          |                               |
|------------------------------------------|-------------------------------|
| $\frac{1}{2}$ cup molasses               | 1 tablespoon orange juice     |
| $\frac{1}{2}$ cup sour milk              | $\frac{1}{2}$ teaspoon salt   |
| 1 teaspoon soda                          | $\frac{1}{2}$ teaspoon ginger |
| $1\frac{5}{8}$ cups bread-flour          |                               |
| $1\frac{1}{2}$ tablespoons melted butter |                               |
| grated rind of one-half orange           |                               |

#### METHOD:

Dissolve the soda in the sour milk, then add to other ingredients. Beat all thoroughly. Pour into a well-buttered mold and steam about fifty minutes. Serve with orange sauce. Serves six.

JANE PRUDEN TOTTEN, Xi.

### Orange Sauce

|                             |                                   |
|-----------------------------|-----------------------------------|
| 1 cup sugar                 | $1\frac{1}{2}$ cups boiling water |
| 1 tablespoon flour          | 1 egg                             |
| 1 tablespoon butter         |                                   |
| grated rind one-half orange |                                   |

#### METHOD:

Mix sugar and flour thoroughly, pour over the water and boil for five minutes. Add the butter, pour onto the egg, well beaten, and return to the heat for a moment, but do not boil.

JANE PRUDEN TOTTEN, Xi.

### Quick Puff Pudding

|                          |            |
|--------------------------|------------|
| 1 cup flour              | pinch salt |
| 1 teaspoon baking powder |            |

#### METHOD:

Add enough milk to make soft batter. Grease cups. Put in a little batter. Cover with berries of any kind. (Blue berries and red raspberries very nice). Fill cup about three-fourths full. Steam twenty minutes. Cover with hot sauce. Hot Sauce: one-half cup sugar, one cup water, one teaspoon butter, fruit juice.

BERNICE WAITE, Xi.

All you add is water and sugar to the Knox Acidulated package

**Raisin Puffs**

- |                                  |                              |
|----------------------------------|------------------------------|
| 1 egg                            | $\frac{1}{2}$ cup sweet milk |
| 1 tablespoon sugar               | 1 cup flour                  |
| $\frac{1}{4}$ cup butter         |                              |
| 1 heaping teaspoon baking powder |                              |
| 1 small cup raisins—chopped      |                              |

**METHOD:**

Steam in six cups (little over half filled) one hour and serve with whipped cream or vanilla sauce.

ELIZABETH KUEHMSTED MOORE, *Xi*.

**Butter Scotch Surprise**

- |                                |                             |
|--------------------------------|-----------------------------|
| sponge cake                    | 2 egg yolks                 |
| 1 cup brown sugar              | $\frac{1}{4}$ teaspoon salt |
| butter size of an egg          | 1 teaspoon vanilla          |
| 1 cup milk                     |                             |
| 2 tablespoons (rounding) flour |                             |

**METHOD:**

Melt butter and sugar, add flour, milk, eggs and seasoning and cook until thick. Cool. Cut sponge cake in half and spread filling between layers and on top. Pile whipped cream on top and sprinkle with crushed peanut brittle.

JESSIE WHITING AXELSON, *Xi*.

**Creole Apples**

- |                                 |                                |
|---------------------------------|--------------------------------|
| 1 tablespoon gelatine soaked in | $\frac{1}{4}$ cup cold water   |
| 1 cup granulated sugar          | 1 tablespoon butter            |
| 1 cup water                     | $\frac{1}{4}$ cup cream        |
| 6 large apples                  | $\frac{3}{4}$ cup chopped nuts |
| 1 cup brown sugar               | 1 cup whipped cream            |

**METHOD:**

Boil white sugar and water, peel and core apples and cook until tender in this syrup, keeping them whole. Remove apples, dissolve soaked gelatine in hot syrup. Cook brown sugar, butter and cream together to soft ball stage, add nuts, place apples in

**For Dainty Delicious Desserts use Knox Gelatine**

serving dish and fill centers and cover top with nut mixture. Pour syrup around them and set aside to cool. Garnish with whipped cream and nuts.

RUTH WALLIS WAGNER, *Chi Alpha*.

### Fruit-Rice Compote

|             |                         |
|-------------|-------------------------|
| ½ cup rice  | 1 can peaches           |
| 2 cups milk | 1 tablespoon cornstarch |
| 1 egg       |                         |

#### METHOD:

Cook the rice and milk in double boiler until tender, add the egg. Separate mixture. Thicken the juice of the peaches and then warm the peaches in this mixture. Place rounds of rice on individual plates, imbed peach on each round and cover with syrup. Any canned fruit can be substituted for the peaches.

BOBBY SHURTLEFF COLE, *Nu*.

### Ice Box Pudding

2 cakes sweet chocolate  
 2 tablespoons powdered sugar  
 2 teaspoons boiling water (more may be needed to make it smooth)  
 4 eggs  
 2 dozen lady fingers

#### METHOD:

Melt chocolate, add sugar and water. Stir and let cool. Add yolks, one at a time. Beat well. Add stiffly beaten whites. Arrange lady fingers in layers, pour mixtures over them. Let stand in ice box several hours. Serve with whipped cream.

MARION CRATER DAVY, *Xi*.

Add maraschino cherries, three tablespoons cherry juice to custard if desired.

ELIZABETH KUEHMSTED MOORE, *Xi*.

**Try Knox Acidulated Gelatine with the Lemon Flavor enclosed**



**Chocolate Ice Box Cake** $\frac{1}{2}$  cup butter

1 cup confectioner's sugar

**METHOD:**

Cream together; add yolks of three eggs—beaten; beat until smooth. Add two squares chocolate (bitter) melted in three tablespoons hot water. Add whites of eggs beaten until stiff. One and one-half dozen lady fingers. Put in bread tin lined with wax paper, lady fingers on bottom, then layer of mixture, then lady fingers, then mixture. Let stand in ice box over night. Will serve ten.

LELIA HARWOOD SMITH, *Xi*.**Ice Box Cake**

3½ dozen lady fingers—split and lay on bottom of deep pan

**Filling:** $\frac{1}{2}$  pound butter—very scant

rind and juice of one lemon

2 cups powdered sugar

juice of one orange

2 eggs

**METHOD:**

Alternate fingers and filling. Let stand several hours. Serve with whipped cream.

BOBBY SHURTLEFF COLE, *Nu*.**Suet Pudding**

1 cup chopped suet packed tightly

1 cup brown sugar

 $\frac{1}{4}$  teaspoon salt $\frac{1}{4}$  cup butter $\frac{1}{4}$  teaspoon cloves

1 cup sour milk

1 teaspoon cinnamon

1 teaspoon soda

1 cup raisins

2 teaspoons baking powder

vanilla

3 cups flour

**METHOD:**

Combine sugar, suet, butter and milk. Then add the dry ingredients which have been mixed and sifted together, raisins and flavoring. Steam two hours. Serve hot with pudding sauce.

HAZEL RUSSELL, *Xi*.

Dainty Recipes in each Knox Gelatine package

**Suet Pudding**

|                                 |                               |
|---------------------------------|-------------------------------|
| $\frac{1}{2}$ cup brown sugar   | $\frac{1}{2}$ teaspoon cloves |
| 2 cups chopped suet             | 1 teaspoon cinnamon           |
| 1 cup white sugar               | 1 pound raisins               |
| 1 egg                           | $\frac{1}{2}$ cup molasses    |
| 1 cup sour milk                 | 1 cup citron                  |
| 1 teaspoon soda                 | nutmeg                        |
| 2 teaspoons baking powder       | brandy                        |
| 1 teaspoon salt                 |                               |
| enough flour to make stiff loaf |                               |

**METHOD:**

Combine first four ingredients, then add dry ingredients which have been sifted together, alternating with the milk. Then add remaining ingredients and steam for five hours. This makes a rich pudding, which is like a fruit cake and keeps well.

HAZEL RUSSELL, Xi.

**Eggless Plum Pudding**

|                                              |                  |
|----------------------------------------------|------------------|
| 2 cups flour                                 | 1 cup molasses   |
| 1 cup raisins                                | 1 cup sweet milk |
| $\frac{1}{2}$ cup nut meats                  | 1 teaspoon soda  |
| 1 cup suet chopped fine                      |                  |
| 1 heaping cup bread crumbs                   |                  |
| 1 teaspoon each of salt, cloves and cinnamon |                  |

**METHOD:**

Mix dry ingredients (except raisins), add liquid and soda dissolved in a little hot water. Dredge raisins with flour and add to mixture. Steam two and one-half hours.

OPHELIA WHITE RUSSUM, Psi.

**Knox Acidulated Gelatine saves the cost, time, and bother of squeezing lemons**

**Marshmallow Dessert**

|                      |                    |
|----------------------|--------------------|
| 1 can pineapple      | 2 cups cream       |
| 1 can white cherries | 1 cup chopped nuts |
| 1 pound marshmallows |                    |

**METHOD:**

Chop pineapple and cherries. Cut marshmallows with scissors. Whip cream very stiff. Pour this over fruit and marshmallows, add nuts, and serve very cold.

BESS BECKETT MATTHEW.







## FROZEN DAINTIES

### Chocolate Ice Cream

|                    |                     |
|--------------------|---------------------|
| 4 cups milk        | 4 eggs              |
| 2 ounces chocolate | nearly 2 cups sugar |

#### METHOD:

Shave the chocolate into a saucepan and slowly melt, add the sugar and the milk. Stir until it begins to boil, then add the well beaten eggs, stirring constantly. Take from the fire and strain through a sieve, cool, add enough cream to fill gallon freezer and freeze. This serves about sixteen.

EPSEY and SALLIE MORGAN, *Xi*.

### Chocolate Ice Cream

|                               |                      |
|-------------------------------|----------------------|
| 2 squares of chocolate        | 1 can milk condensed |
| yolks of three eggs           | 1 small bottle cream |
| 1 ½ cups sugar                | 1 pint milk          |
| 1 level tablespoon cornstarch |                      |
| 1 teaspoon vanilla            |                      |

#### METHOD:

Melt chocolate and add all ingredients. Cook until mixture coats the spoon. Let cool, strain and freeze.

JULIA PITKIN DAVENPORT, *Xi*.

### Strawberry Ice Cream

|                             |
|-----------------------------|
| 1 cup sugar                 |
| 2 cups cream                |
| 1 quart mashed strawberries |

#### METHOD:

Mash strawberries and sugar. Mix all together and put in freezer. Will make one quart.

GLADYS MARS BECKER, *Xi*.

Where recipes call for Gelatine use Knox Sparkling Gelatine

**Milk Ice**

1 quart milk  
3 lemons

3 cups sugar

**METHOD:**

Mix and freeze.

LOIS GOLTRA HEREN, Xi.

**Frozen Malted Milk**

2 cups milk  
2 cups cream

$\frac{3}{4}$  cup malted milk  
 $\frac{1}{4}$  cup sugar

**METHOD:**

Mix dry ingredients, pour in two cups of cream, beat violently and then add the milk. Makes one quart.

HELEN SHURTLEFF, Xi.

**Orange Ice**

Boil one quart of water and three-fourths pound of sugar five minutes. Remove from the fire and cool. Add the juice of eight oranges, two lemons. Put into freezer and chill, add one quart of cream and finish freezing. This will serve sixteen. Can use one quart of water instead of cream.

EPSEY and SALLIE MORGAN, Xi.

**Pineapple Sherbert**

2 quarts water  
1 can grated pineapple  
juice of two lemons

2 cups sugar  
2 tablespoons gelatine  
whites of 3 eggs

**METHOD:**

Dissolve gelatine and sugar in water, add pineapple and lemon. When partly frozen add beaten whites.

JULIA PITKIN DAVENPORT, Xi.

**Knox Gelatine solves the problem of "What to have for dessert?"**



**Maple Parfait**

4 eggs  
1 cup maple syrup

1 pint of whipped cream

**METHOD:**

Beat the yolks of the eggs and add syrup. Cook until it thickens. When it is cool add the beaten whites of the eggs and whipped cream. Put into a freezer without a dasher and freeze two or three hours.

FRANCES PENNEWELL, *Xi*.

**Caramel Ice Cream**

1 pint scalded milk  
1 cup sugar (brown)  
2 tablespoons flour  
1 cup white sugar

2 eggs  
1 teaspoon vanilla  
1 quart cream

**METHOD:**

Mix flour and white sugar together, add eggs and beat. Put brown sugar in spider and brown. Mix with first ingredients. Cook until thick and strain. Add vanilla and cream. Cool and freeze.

LOIS GOLTRA HEREN, *Xi*.

**Maple Parfait**

4 egg yolks  
1 cup hot maple syrup  
1 pint whipped cream

1 box marshmallows  
 $\frac{1}{2}$  cup nut meats

**METHOD:**

Beat eggs slightly, pour slowly over maple syrup, cook until mixture thickens. Use double boiler. Cool and add cream beaten stiff. Pack mould in salt and ice and let stand three hours.

LELIA HARWOOD SMITH, *Xi*.

Each package of Knox Gelatine makes Four Pints of jelly

**Mousse**

- 1 quart thick cream whipped
- 1½ cups powdered sugar
- 1 cup English walnuts, chopped
- 1 cup maraschino cherries, cut in four pieces
- 1 cup marshmallows cut in small pieces

Mold, pack in ice and salt four hours. This will serve twelve.

EPSEY and SALLIE MORGAN, *Xi*.

**Frozen Apricots**

- 1 can or 1 doz. fresh apricots or ½ pound dried apricots
- 1 large pint sugar
- 1 quart water
- 1 pint whipped cream

**METHOD:**

Cut canned fresh apricots. Cook dried ones and put through colander. Add sugar and water and freeze. When nearly frozen add the whipped cream and finish freezing.

HARRIET WILSON DAVY, *Xi*.

**Banana Ice Cream**

- 8 bananas
- ½ pound sugar
- 1 quart cream

**METHOD:**

Pare and mash the bananas. Put one pint of the cream on to boil in a double boiler. When hot, add the sugar, stir until dissolved, and stand aside to cool. Beat and stir the bananas to a smooth paste, add them to the cream and sugar; then add the remaining pint of cream, and turn into the freezer and freeze. This makes about three quarts.

EPSEY and SALLIE MORGAN, *Xi*.

**Peach Ice Cream**

- 1 cup peaches
- 1 cup sugar

Mash with fork and add to pint of heavy cream, freeze.

Use Knox Gelatine—the Four Pint package

## Bisque of Figs

1 quart cream

1 half cup sugar

## METHOD:

Whip this stiff, then add a pint of chopped figs. Pack this in ice for about four hours, or it can be frozen. Pour hot water over the figs and let stand for about an hour, wipe before chopping them.

CLARINE ANDERSON, *Xi*.

## Peppermint Ice Cream

1 pint milk

1 pint cream

 $\frac{1}{2}$  pound of peppermint stick candy

two tablespoons red coloring

## METHOD:

Crush candy and dissolve in milk in double boiler, add to remaining ingredients and freeze.

GLADYS MARS BECKER, *Xi*.

Knox Gelatine makes a transparent, tender, quivering jelly







## CANDIES

### Fruit Loaf

|                                |                         |
|--------------------------------|-------------------------|
| 1 pound raisins                | 1 teaspoon vanilla      |
| $\frac{1}{4}$ pound figs       | $\frac{1}{2}$ cup cream |
| $\frac{1}{2}$ pound almonds    | 2 dozen English walnuts |
| 1 pound confectioner's sugar   |                         |
| Piece of butter size of an egg |                         |

#### METHOD:

Blanch and skin almonds, chop dates and figs, cut raisins in two. Boil sugar, cream and butter until a soft ball forms when dropped in cold water. Pour over fruit and mix thoroughly. Divide in three or four parts and roll in wet towel to mould. Remove towel and roll in powdered sugar. When cold and set, slice as you would sausage and serve as candy.

RUTH LANCASTER, *Omicron*.

### Chocolate Fudge

|                               |                      |
|-------------------------------|----------------------|
| 2 ounces chocolate            | 2 tablespoons butter |
| $\frac{1}{2}$ cup cold milk   | 1 teaspoon vanilla   |
| 2 cups granulated sugar       | 1 cup nuts           |
| $\frac{1}{3}$ cup karo, white |                      |

#### METHOD:

Shave the chocolate and slowly melt, add the karo, and butter then sugar and milk. Cook four minutes after actually boiling. Remove from the fire and beat, add vanilla and nuts and continue beating until it begins to granulate. Pour at once into buttered pans. Mark deeply in cakes when nearly cold. This makes about one and one-half pounds of candy.

EPSEY and SALLIE MORGAN, *Xi*.

Knox Acidulated Gelatine—no bother—no trouble—no squeezing lemons

**Chocolate Nut Taffy**

|                                    |                        |
|------------------------------------|------------------------|
| 1 cup sugar                        | butter size of an egg  |
| 1 cup molasses                     | 3 squares of chocolate |
| $\frac{1}{2}$ cup milk             | vanilla                |
| 1 pound walnuts broken not chopped |                        |

**METHOD:**

Boil all ingredients except nuts fifteen minutes. Try in cold water, when brittle put in nuts and vanilla. Pour in buttered pans to cool.

LELIA HARWOOD SMITH, *Xi*.

**Sea Foam Candy**

|                  |                           |
|------------------|---------------------------|
| whites of 2 eggs | $\frac{3}{4}$ cup water   |
| 3 cups sugar     | nuts or shredded cocoanut |

**METHOD:**

Boil sugar and water until it will break when dropped in cold water. Beat the whites of eggs stiff, mix with the syrup, beating constantly until the mixture begins to harden. Add nuts or cocoanut and drop on buttered pans.

HARRIET WILSON DAVY, *Xi*.

**Peanut Brittle**

|                                |                 |
|--------------------------------|-----------------|
| 1 cup white karo (red label)   |                 |
| 3 cups granulated sugar        | 1 teaspoon soda |
| 1 cup cold water               | vanilla         |
| 1 pound uncooked Jumbo peanuts |                 |
| 1 tablespoons butter           |                 |

**METHOD:**

Cook first three to  $240^{\circ}$  (soft ball in water). Add one tablespoon butter, stir well until it dissolves. Add raw peanuts and cook until a golden brown. Add soda and vanilla just before taking up.

JULIA PITKIN DAVENPORT, *Xi*.

**Knox stands for Quality and Quantity in Gelatine**



**Peanut Brittle**

|                             |                       |
|-----------------------------|-----------------------|
| 1½ cups granulated sugar    | 2 teaspoons butter    |
| 2 cups water                | 1 teaspoon vanilla    |
| ½ cup dark corn syrup       | 1 level teaspoon soda |
| ½ pound raw Spanish peanuts |                       |

**METHOD:**

Put sugar, corn syrup and water in a two quart saucepan over the fire, stir until the sugar is dissolved. Wash down the sides of the saucepan with a damp, clean cloth. Cover, boil hard for five minutes, uncover and cook till when a little is tested in cold water it does not stick to the glass. Add nuts and butter. Cook stirring constantly until the nuts are brown. Remove from the fire, add the soda dissolved in a teaspoon of boiling water, then the vanilla. Stir and pour the candy while foaming on a well-buttered marble slab or platters. It should be only a quarter of an inch thick. When it is nearly cold mark it roughly in squares.

ELEANOR F. LEWIS, *Xi*.

**Candy Pudding**

|                            |
|----------------------------|
| 3 cups of granulated sugar |
| 1 cup corn syrup           |
| 1 cup water                |
| ¼ teaspoon cream of tartar |

**METHOD:**

Cook until it forms a hard ball, like taffy candy when ready to pull. Then pour it over the whites of two well beaten eggs, then beat until it is too stiff to beat any longer, then add one grated cocoanut, ten cent's worth each of the different nuts, a small amount of citron and a few small pieces of candied orange peel, a few candied cherries, a few dates, raisins and figs also if desired.

Line a deep pan with powdered cinnamon, and after all the above has been well mixed, pour it into the pan and let stand until firm, then turn it out and it is ready to slice.

HELEN SHURTLEFF, *Xi*.

**Four separate Desserts or Salads from one Package of Knox Gelatine**

**Pinoche**

|                          |                         |
|--------------------------|-------------------------|
| 3 cups light brown sugar | 1 cup pecans or walnuts |
| 1 cup milk or thin cream | 1 teaspoon vanilla      |
| 1 teaspoon butter        |                         |

**METHOD:**

Boil the sugar and milk gently in a granite saucepan without stirring until the syrup forms a soft ball when dropped in water. Add the butter, remove from fire, add vanilla and nuts, and turn on a buttered pan. Mark in squares while it is warm.

ELEANOR F. LEWIS, *Xi*.

**Candied Orange Peel**

|             |       |
|-------------|-------|
| orange peel | sugar |
|-------------|-------|

**METHOD:**

Take good orange peel and soak in salt water over night. In the morning take the peel out put in fresh water and boil until tender. Add sugar. Pound for pound and boil until peel is thick and clear. Seal in glass jars and when wanted cut into strips, roll in sugar and serve.

HARRIET WILSON DAVY, *Xi*.

**Opera Cream**

|                                                            |
|------------------------------------------------------------|
| 5 cups sugar                                               |
| 1½ pints of cream                                          |
| ⅛ teaspoon of cream of tartar dissolved in a little water. |

**METHOD:**

Put sugar and cream in pan, stir and when it begins to boil add the cream of tartar. Cook, stirring constantly, until it forms a soft ball when dropped into cold water. Pour into a dampened pan and let remain until cold, then cream as fondant, add nuts, candied cherries, and candied pineapple, when creamy cover with damp cloth and let remain one hour, then it is ready for use.

FRANCES PENNEWELL, *Xi*.

**Knox Gelatine is economical—one package makes Four Pints of jelly**

**Victorias**

|                               |                       |
|-------------------------------|-----------------------|
| 1 cake German sweet chocolate |                       |
| 2 cups sugar                  | salt                  |
| 1 cup cream                   | small piece of butter |
| 1 inch square of parawax      | nuts                  |

**METHOD:**

Stir sugar and cream until thoroughly mixed, then boil slowly without stirring until it forms a soft ball in cold water. Remove from stove, add salt and butter. Let cool, beat until creamy and stiff enough to hold shape. Drop on waxed paper. Melt together over hot water, chocolate and parafin until smooth, dip creams in mixture and add nuts if desired.

MARION CRATER DAVY, Xi.

**Mrs. Snyder's Chocolate Creams***Small Quantity.*

|                                          |                    |
|------------------------------------------|--------------------|
| 1 $\frac{2}{3}$ cup sugar                | teaspoon glycerine |
| $\frac{2}{3}$ cup water                  | white of one egg   |
| pinch cream of tartar                    |                    |
| $\frac{1}{3}$ pound of dipping chocolate |                    |

**METHOD:**

Boil sugar and water until 236° (soft ball in water). Add cream of tartar and pour on marble slab on which has been poured the glycerine. Let cool and sprinkle a little cold water on it, then beat. As you beat add white of the egg. Dip in the chocolate and place on waxed paper to harden.

JULIA PITKIN DAVENPORT, Xi.

**Molasses Taffy**

|                  |                             |
|------------------|-----------------------------|
| 2 cups sugar     | lump butter                 |
| 1 cup molasses   | $\frac{1}{2}$ teaspoon soda |
| 1 cup cold water |                             |

**METHOD:**

Cook until it cracks a little. Pour on greased platter and pull.

JULIA PITKIN DAVENPORT, Xi.

Desserts can be made in a short time with Knox Gelatine

**Cream Candy**

1 pound creamery butter  
 powdered sugar  
 chopped almonds or English walnuts

**METHOD:**

Cream butter. Stir in sugar until stiff. Knead well on a board. Roll into sticks an inch in diameter, roll in nuts and set in cool place twenty-four hours. Slice in one-half inch pieces.

MAY MILLER SHAPARD, Xi.

**Log Cabin Roll**

|                                    |                     |
|------------------------------------|---------------------|
| 1 cup light brown sugar            | 1 cup cream         |
| $\frac{3}{4}$ cup maple syrup      | 1 tablespoon butter |
| $\frac{1}{2}$ cup granulated sugar | salt                |

**METHOD:**

Mix brown sugar, syrup, granulated sugar, cream, butter and salt. Boil and cook to the soft ball stage. Remove from fire and cool for fifteen minutes. Beat and mold into logs one inch thick and three inches in length. Dip these logs into corn syrup and roll in pecan nut meat halves.

JANET BOWMAN, Xi.

**Cream Candy**

|                                      |                            |
|--------------------------------------|----------------------------|
| $2\frac{1}{2}$ cups granulated sugar | $\frac{1}{2}$ cup water    |
| 1 tablespoon butter                  | 1 cup nuts                 |
| 1 tablespoon vinegar                 | a pinch of cream of tartar |
| $\frac{1}{2}$ cup sweet milk         | 1 teaspoon vanilla         |

**METHOD:**

Boil the mixture until it will form a soft ball when dropped in cold water. Remove from the fire and beat until it is creamy, add nuts and pour into buttered pans. This makes about one and one-half pounds of candy.

EPSEY and SALLIE MORGAN, Xi.

A Knox Gelatine Dessert or Salad is attractive and appetizing

### Salted Almonds

Pour boiling water over almonds and let stand five minutes. Pour off and cover nuts with cold water. Skins will then slide off easily. Place in baking pan which is oiled with butter or Mazola and put in hot oven. Shake pan once in a while to change nuts around. When brown put on brown paper and salt well.

LOIS GOLTRA HEREN, *Xi*.

Try the Knox Gelatine recipes found in this book









## RELISHES, JAMS, JELLIES

### Gooseberry Relish

3 pints gooseberries                      ½ pound seedless raisins  
4 pints sugar                              1 pint water  
juice and grated rind of three oranges.

#### METHOD:

Cook like any jam.

HARRIET WILSON DAVY, Xi.

### Plum Conserve

1 basket of Damson plums      4 pounds of sugar  
juice of one lemon  
juice of three oranges and rind of one orange

#### METHOD:

Remove stones and cook forty minutes. Add one-half cup of chopped almonds.

GLADYS MARS BECKER, Xi.

### Canned Corn

any amount of corn                      1 teaspoon salt to each jar

#### METHOD:

Blanch corn for three minutes (put in a square of cheese cloth). Dip in cold water immediately. Cut from cob and place lightly in jar. Add one teaspoon salt to each jar, and fill jar with hot water. Place rubbers on jar and adjust the top, but do not tighten. Place jars in boiler and surround them with enough warm water to reach within an inch of the tops of the jars. Boil one hour after water begins to boil. Remove the jars and fasten the tops down. On the following day, loosen the top. Place jars in boiler again and boil one hour. Seal. Repeat boiling on third day (loosen tops), and then seal for good. *Corn must be fresh.*

DOROTHY WILSON, Xi.

**Knox Gelatine—Economy with highest Quality**

### Pickled Peaches

- 7 pounds peaches
- 4 pounds sugar
- 1 quart vinegar
- 1 ounce each of cloves, cinnamon, allspice.

#### METHOD:

Put spices in a bag and boil with sugar and vinegar. Pour this over the fruit, let stand until the next morning. Pour off the syrup and boil again. Do this for three mornings. Fourth morning scald the fruit in the syrup and seal.

ORLETTE RIDEOUT BENNETT, *Omicron*.

### Harlequin Jelly

- |                         |           |
|-------------------------|-----------|
| 4 quarts Baldwin apples | 4 quinces |
| 1 quart cranberries     | sugar     |

#### METHOD:

Remove blossom ends of apples and quinces and cut in quarters. Put in preserving kettle with cranberries. Add cold water to almost top of fruit. Cook slowly till tender. Drain through jelly bag. Boil juice twenty minutes. Add equal quantity of heated sugar and boil until a little jellies on a cold plate.

MARION CRATER DAVY, *Xi*.

### Corn Relish

- |                               |                             |
|-------------------------------|-----------------------------|
| 3 green peppers without seeds |                             |
| 18 ears corn                  | 1 $\frac{3}{4}$ pound sugar |
| 4 large onions                | 2 quarts vinegar            |
| 1 large cabbage               | mustard                     |
| $\frac{1}{2}$ cup salt        |                             |

#### METHOD:

Chop cabbage, onion and peppers and cook with a very little water about fifteen minutes. Then add corn, salt, sugar and vinegar. Last add mustard (to suit taste) wet with vinegar. Cook until corn is tender. Can.

HARRIET WILSON DAVY, *Xi*.

Knox Gelatine is the one dessert for all appetites

**Grape Conserve**

- |                            |                         |
|----------------------------|-------------------------|
| 1 basket of Concord grapes | 5 pounds sugar          |
| 1 pound seedless raisins   | ½ pound English walnuts |
| 5 oranges peeled           |                         |

Skin grapes, cook pulp, skim off seeds, add skins to pulp and add following ingredients to pulp mixture.

GLADYS MARS BECKER, Xi.

**Green Tomato Pickles**

- |                                 |                     |
|---------------------------------|---------------------|
| 1 peck sliced tomatoes          | 3 sliced onions     |
| 1 cup salt                      | 1 teaspoon cinnamon |
| 4 quarts vinegar                | 20 whole cloves     |
| 4 pounds brown sugar            | 1 whole allspice    |
| 1 horseradish (not sliced)      |                     |
| 3 green peppers (seeds and all) |                     |

**METHOD:**

Let tomatoes stand in salt over night. Put whole cloves and allspice in a bag and boil in the vinegar with other ingredients for about twenty minutes. Put in tomatoes and boil about thirty minutes. Seal.

MARION CRATER DAVY, Xi.

**Chunk Pickles**

For every 7 pounds of cucumbers:

- |                                |                     |
|--------------------------------|---------------------|
| 3 pounds brown sugar           | 1 ounce celery seed |
| 3 pints cider vinegar          | ½ teaspoon alum     |
| 1 ounce whole allspice         |                     |
| 1 ounce cinnamon buds "Cassia" |                     |

**METHOD:**

Soak cucumbers three days in strong water (salt). Drain and soak in clear water for two days; then cut into chunks. Cook cucumbers in water four minutes, drain well. Turn liquid over them boiling hot. Next day drain off liquid, heat up and pour it over the cucumbers. Seal hot.

DOROTHY SMITH, Xi.

The Knox Acidulated package contains Lemon Flavoring

**Garlic Dill Pickles**

1 quart vinegar  
3 quarts water  
 $\frac{3}{4}$  cup salt

15 cents worth of dill  
4 large cloves of garlic

**METHOD:**

Boil five minutes and pour over small cucumbers which have been well washed. Fill jars and put a small piece of alum in each jar. Seal.

GLADYS MARS BECKER, Xi.

**Green Tomato Chow Chow**

$\frac{3}{4}$  green tomatoes  
 $\frac{1}{4}$  onions, cabbage and green peppers  
vinegar, cloves, cinnamon, celery seed and mustard seed

**METHOD:**

Put all through grinder, mix and salt well and let stand over night. Drain through colander, cook for one-half hour in weak vinegar (part water and part vinegar), drain again and cook in vinegar with the spices to taste.

MARION DAVY, Xi.

## **The ATLANTIC**

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See that the name K-n-o-x is on each package of  
gelatine you buy

### Mustard Pickle

One quart each of cabbage, onions, green tomatoes, green cucumbers, and ripe cucumbers, and one large green pepper. Slice and boil until tender and drain dry. Mix one quart vinegar, butter size of an egg, one-half cup flour, one and one-half cups sugar, six tablespoons dry mustard and one tablespoon tumeric. Let boil and stir while hot into vegetables. Salt to taste.

HAZEL RUSSELL, Xi.

### Aristocrat Pickles

|                                    |                     |
|------------------------------------|---------------------|
| ½ cup black and white mustard seed |                     |
| 12 good-sized cucumbers            | ½ cup salad oil     |
| 1 quart vinegar                    | 3 tablespoons sugar |
| 6 onions                           |                     |

#### METHOD:

Slice cucumbers up fine and soak over night in salt water. Mix all ingredients and put away for use. No cooking.

HELEN SHURTLEFF, Xi.

### Pepper Relish

|                       |           |
|-----------------------|-----------|
| 1 dozen red peppers   | 14 onions |
| 1 dozen green peppers |           |

#### METHOD:

Grind all through the meat grinder, then scald and let stand five minutes and drain, then scald again and let stand ten minutes and drain, then add one quart vinegar, three cups sugar, and three tablespoons salt, and boil for fifteen minutes.

SYLVIA TORPE, Xi.

### Cucumber Pickles

One quart basket cucumbers. Wash and soak over night in one-half cup salt water solution. Bring following to a boil and pour over cucumbers. One-fourth cup brown sugar, one-fourth cup mustard, one-fourth cup salt and one and one-half pints of vinegar. Add onions if desired. Will make six pints.

JULIA PITKIN DAVENPORT, Xi.

Free cook book in each package of Knox Gelatine

### Grape Catsup

one basket of Concord grapes

3 pounds sugar

2 teaspoons cinnamon

1 cup vinegar

1 teaspoon pepper

2 teaspoons cloves

1 teaspoon salt

#### METHOD:

Cook grapes *without water* until ready to strain then add sugar and cook for fifteen minutes. Put in jelly glasses and serve with meats.

FRANCES PITKIN ALLEN, *Nu*.

### Chili Sauce

2½ pounds light brown sugar

40 good-sized tomatoes

2 heaping tablespoons salt

12 onions

1½ pints white vinegar

3 red peppers

2 teaspoons spices

4 green peppers

#### METHOD:

Boil peppers, onions (chopped), salt, vinegar and sugar twenty minutes, then add peeled and cut tomatoes, and cook three-fourths hour. Add spices (cinnamon, cloves and allspice) ten minutes before taking up.

FRANCES PITKIN ALLEN, *Nu* and *Omicron*.

### Watermelon Pickles

8 pounds fruit pared

1 ginger root or cassia bud

4 pounds of sugar

cloves

1 quart vinegar

allspice

1 cup mixed whole spice

#### METHOD:

Cook all ingredients except fruit for ten minutes. Add fruit and cook forty-five minutes, or until mottled and clear and glazed. Pour off liquid for following three days and boil three minutes. Keep in covered crock.

GLADYS MARS BECKER, *Xi*.

Give the growing children Knox Sparkling Gelatine

**Green Tomato Pickle (Chopped)**

3 quarts green tomatoes      1 quart onions  
 2 red peppers      3 bunches celery  
 1 quart chopped cucumber pickles

*Dressing:*

$\frac{1}{4}$  pound ground mustard       $\frac{1}{2}$  gallon vinegar  
 1 cup flour      2 cups sugar  
 $\frac{1}{2}$  pound celery seed

**METHOD:**

Chop tomatoes, peppers and onions fine. Sprinkle salt over the same and let stand over night. Chop celery fine and add with cucumber pickles to the above. Mix dry ingredients and add to the boiling vinegar. Cook until thick then add the chopped vegetables. Bring to a boil and can.

HARRIET WILSON DAVY, *Xi*.

**Grape Juice**

1 basket grapes      water  
 2 pounds sugar

**METHOD:**

Cover grapes with water and boil to pieces. Strain and add heated sugar (2 pounds sugar to five to six pounds grapes). Boil up a couple of times and put in bottles.

FRANCES PITKIN ALLEN, *Xi* and *Omicron*.

**Watermelon Pickles**

Fruit peeled and cut in squares (do not soak over night)  
 1 pint vinegar  
 6 cups sugar  
 $\frac{1}{2}$  cup cassia buds  
 3 or 4 small pieces ginger root

**METHOD:**

Steam until tender. Boil other ingredients ten or fifteen minutes until quite thick. Add the steamed or transparent pickles and cook for a few minutes more. Can while hot.

ORLETTA RIDEOUT BENNETT, *Omicron*.

**Knox Sparkling Gelatine improves Soup and Gravies**



### Pickled Peaches

Same recipe as watermelon pickles using only the spices cinnamon and cloves.

GLADYS MARS BECKER, *Xi*.

### Orange Marmalade

6 oranges

5 lemons

#### METHOD:

Peel and boil peelings fifteen minutes. Pour off water, recover with water and boil fifteen minutes. Pour off—chop fruit and parings together. Add two cups of water to each cup of fruit. Boil one hour. Measure and add one cup of sugar to each cup of fruit. Boil one-half hour and pour into glasses. Makes eighteen glasses.

LOIS GOLTRA HEREN, *Xi*.

### Pie Plant Confection

1 large orange or two small ones

$\frac{1}{2}$  pound shelled walnuts or one pound unshelled

3 pounds pie plant                      1 lemon

$3\frac{1}{2}$  pounds sugar

#### METHOD:

Cut up pie plant as for stewing, skin and all. Put in two-thirds sugar with it. Pare orange and cut off white carefully. Also lemon. Cut up in pieces and cover with remaining sugar. Let both stand over night. In morning stew pie plant and when done put in orange, etc., and cook twenty minutes. Makes ten glasses.

JULIA WINCHELL CAMPBELL, *Xi*.

### Peach Conserve

1 pound peeled peaches                       $\frac{1}{2}$  cup water

1 pound sugar                       $\frac{1}{2}$  pound chopped almonds

#### METHOD:

Cook as for preserves and add nuts last.

KATHERINE BENEDICT PETH, *Xi*.

Ask your grocer for Knox Gelatine—take no other



**Rhubarb Conserve**

1 quart rhubarb cut fine  
 ½ pound seeded raisins  
 2 good-sized oranges, rind and pulp  
 1 quart sugar  
 ½ cup chopped English walnuts

**METHOD:**

Chop rhubarb, raisins, and oranges and mix with sugar—no water—boil fifteen or twenty minutes. Just before taking from stove add nuts if desired. Will make nine glasses.

JULIA PITKIN DAVENPORT, *Xi*.

**Sun Cured Strawberry Jam**

Make a syrup of one quart sugar and one pint water. Add one quart strawberries which have been picked over and washed with the hulls on, then hulled. Boil for twenty minutes then turn out on large platter and place in the sunshine. Keep moving the platter so that it is in the sunshine for twenty-four hours. Pour in glasses and seal with paraffin.

ELEANOR F. LEWIS, *Xi*.

**Seedless Green Grape Jam**

Three pounds of grapes and three pounds of sugar. Boil three minutes and add one bottle of certo, and pour into jars.

GLADYS MARS BECKER, *Xi*.

**Green Grape Conserve**

|                                 |                         |
|---------------------------------|-------------------------|
| 2 oranges chopped rinds and all |                         |
| 3 pints green grapes            | ¼ pound walnuts broken  |
| ½ pint water                    | ½ pound raisins chopped |
| 8 cups sugar                    |                         |

**METHOD:**

Cook about ten minutes or until thick. Makes ten glasses.

MARION CRATER DAVY, *Xi*.

Knox Gelatine is measured ready for use—two envelopes in each package

**1, 2, 3, 4 Conserve**

- 1 quart box currants
- 2 quart box cherries (pitted)
- 3 pint box raspberries
- 4 pounds granulated sugar

**METHOD:**

Mash all together and cook from twenty to thirty minutes. Put in sealed glasses or jars.

RUTH ROSENGREN, *Xi*.

**Preserved Red Peppers**

- 6 red peppers (makes 1 pint)
- 2 cups sugar
- 1/2 cup water

**METHOD:**

Cut the top off the peppers and clean the seeds out thoroughly, dry peppers, cut in narrow strips with shears. Put sugar and water on to boil, boil about ten minutes until it makes a thick syrup, then drop peppers in and boil fifteen minutes. Can hot in pint or half-pint jars and seal tight. This is used to decorate salads.

LOUISE VATER, *Xi*.

**Ginger Pear Conserve**

- |                |                          |
|----------------|--------------------------|
| 4 pounds pears | 2 lemons                 |
| 4 pounds sugar | 1/4 pound candied ginger |

**METHOD:**

Cook pears and sugar for one hour or until thick. Add lemons cut up and boiled in a little water until tender. Chop ginger and add. Cook one-half hour longer.

HAZEL RUSSELL, *Xi*.

**Knox Sparkling Gelatine makes dainty desserts for dainty people**

## Pineapple and Apricot Preserve

- |                         |                                      |
|-------------------------|--------------------------------------|
| 2 cans sliced pineapple | $\frac{1}{2}$ as much sugar as fruit |
| 1 pound dried apricots  | juice of one lemon                   |
| (put through chopper)   |                                      |

## METHOD:

Cut pineapple in small slices, add apricots. Weigh and add sugar and lemon juice. Cook one hour and put in jelly glasses.

LOIS GOLTRA HEREN, *Xi*.

## Pineapple and Apricot Preserve

- |                   |                |
|-------------------|----------------|
| 1 large pineapple | 1 box apricots |
|-------------------|----------------|

## METHOD:

Cut pineapple in small pieces, cut apricots to remove the stones (skin first). Add as much sugar as fruit and cook like any jam (about forty minutes).

HARRIET WILSON DAVY, *Xi*.

## Chili Sauce

- |                           |         |                      |
|---------------------------|---------|----------------------|
| 40 ripe tomatoes          | } grind |                      |
| 4 green peppers           |         |                      |
| 3 small red peppers       |         |                      |
| 6 onions                  |         |                      |
| almost 5 cups of vinegar  |         | 3 teaspoons cinnamon |
| almost 3 cups brown sugar |         | celery salt          |
| 4 tablespoons salt        |         | ginger               |

## METHOD:

Add only a part of the sugar and vinegar until sauce is nearly done. Season to taste.

HAZEL RUSSELL, *Xi*.

Knox Gelatine comes in two packages—Plain and Acidulated (Lemon Flavor)







## SUGGESTIONS FOR LUNCHEONS AND SUNDAY NIGHT TEAS

### Bacon and Rice and Egg

|                    |                     |
|--------------------|---------------------|
| 1 cup rice         | 3 eggs              |
| ½ teaspoonful salt | 6 to 8 strips bacon |

#### METHOD:

Wash the rice three times and boil for twenty minutes in two quarts of boiling, salted water. Crisp the bacon and cut in bits, beat the eggs and add to the rice after the water has been poured off. Stir until mixed well, sprinkle paprika over the top and serve very hot. Serves four or five persons.

ELEANOR F. LEWIS, Xi.

### Baked Rice and Cheese

|                     |                     |
|---------------------|---------------------|
| ½ cup rice          | 1½ cups milk        |
| 2 tablespoons fat   | 1 cup grated cheese |
| 2 tablespoons flour | paprika, salt       |

#### METHOD:

Cook rice in boiling salted water until tender. Drain and add to white sauce made of fat, flour, seasonings and milk. Add three-fourths of the cheese, place in a baking dish, and sprinkle the remainder of cheese on top, and brown in the oven. The natural or unpolished rice may be used for this.

SYLVIA TORPE, Xi.

### Turkish Rice

Wash and drain one cup of rice. Brown in three tablespoons of butter, in a frying pan, stirring constantly. When quite brown, remove to a double boiler. Add two cups water, salt, one pint of tomatoes and if desired, an onion which has been sliced and browned. Cook slowly two or three hours, adding more water if necessary. It is better if allowed to cook a little dry.

HARRIET WILSON DAVY, Xi.

Knox Gelatine is Guaranteed to please or money back

### Rice Soufflé

1 cup rice  
2 hard boiled eggs

1 package pimento cheese  
American cheese (grated)

#### METHOD:

Boil rice in deep salted water. Run cold water through rice. Put a layer of rice and a layer of eggs in a dish and cover the top with plenty of grated American cheese. Make one pint of milk cream sauce and dissolve one package of pimento cheese in it. Pour same on rice. Bake one-half hour in hot oven.

DOROTHY SMITH, *Xi*.

### Scrambled Rice with Bacon

1½ cups or more of cold rice  
2 eggs or more  
6 slices of breakfast bacon

#### METHOD:

Take one and one-half cup rice and two eggs well beaten, mix together and fry in pan where you have cooked six slices of breakfast bacon. Place in dish and put bacon around it, two slices across the rice. Serves four people.

JACQUELINE NORWOOD DUFFIE, *Xi*.

### "Dago Dish"

1 ten cent box of macaroni  
1 green pepper  
one onion

1 can cream of tomato soup  
1 tablespoon butter

#### METHOD:

Break macaroni into short lengths and drop into boiling, slightly salted water. Boil for fifteen minutes then drain and add to it the soup (or one pint of strained tomato), and the onions and pepper which have been browned in the butter. Turn into a buttered baking dish and bake for fifteen minutes in a moderate oven. Grated cheese may be sprinkled over the top if wished. Serve very hot. If diced left-over meat is added, this makes a "one-dish" supper. Six to eight persons.

ELEANOR F. LEWIS, *Xi*.

The Knox Acidulated package contains Lemon Flavoring



**Tamale Pie**

|                                      |                |
|--------------------------------------|----------------|
| 1 pound ground beef                  | 1 clove garlic |
| ¼ pound ground pork                  | salt           |
| 3 onions                             | red pepper     |
| 1 large cup tomatoes                 |                |
| 1 tablespoon or more chili powder    |                |
| 1 sweet pepper small (not necessary) |                |
| 1½ pints corn meal mush (stiff)      |                |

**METHOD:**

Saute onions and garlic till light brown, add meat, cook until no longer red, add other ingredients, let simmer five minutes. Grease baking pan. Put layer of mush, filling, and mush on top. Cook in fireless cooker or slow oven not less than forty minutes. Cooked rice may be substituted for mush. Serves eight. (Reheat in steamer or double boiler for another meal.)

MAY G. M. SHEPARD, *Xi*.

**Noodles en Casserole**

Boil one package of noodles twenty minutes in salted water and drain. Chop one cup of boiled ham, one green pepper, and one onion (mix together). Place in layers in casserole, cover with one whole beaten egg, and bake for twenty to thirty minutes. Will serve eight.

HELEN GEMMILL STRICKLER, *Xi*.

**Caracas**

Butter the size of an egg, one-third pound dried beef, one large can tomatoes, one pound grated cheese, three eggs, Worcestershire sauce and red pepper to taste. Chop beef fine and fry until brown. Combine tomatoes, cooked until juice is almost gone, with dried beef. Add cheese. Cook until well mixed and rather thick. Add eggs, well beaten, and season with Worcestershire sauce and red pepper. Serve on crackers.

OPHELIA WHITE RUSSUM, *Psi*.

**Knox Gelatine makes Desserts, Salads, Candies, Puddings, Ices, Etc.**

**Macaroni a la King**

|                              |                      |
|------------------------------|----------------------|
| 1½ cups liquid or meat gravy |                      |
| 2 cups uncooked macaroni     | ½ cup bread crumbs   |
| 1½ cups cold cooked meat     | 1 teaspoon salt      |
| ½ cup canned corn            | ⅛ teaspoon pepper    |
| 1 green pepper               | 2 tablespoons flour  |
| ½ cup chopped celery         | 2 tablespoons butter |
| ½ cup milk                   |                      |

**METHOD:**

Cook macaroni in boiling salted water till tender. Drain and blanch in cold. Cook chopped pepper and celery in two cups of water until tender. Add to meat liquor. Add butter, milk and flour to make a sauce. Place a layer of macaroni in a well buttered pan. Add a layer of meat and corn and cover with sauce. Repeat until all ingredients are used. Cover the top with buttered crumbs and bake until browned. Garnish with parsley.

FRANCES PITKIN ALLEN, *Nu.*

**Spaghetti**

One box spaghetti, one can tomatoes, three-quarters pound cheese, one medium-sized onion, one bottle stuffed olives, one can mushrooms, salt and pepper. Fry onion in butter and olive oil. Mash tomatoes, cook down and add onion. Add cooked spaghetti and grated cheese.

OPHELIA WHITE RUSSUM, *Psi.*

**For Sunday Night Tea**

|                      |               |
|----------------------|---------------|
| 1 medium-sized onion | grated cheese |
| 1 green pepper       | toast         |
| slices of bacon      |               |

**METHOD:**

Chop onion and green pepper. Place slices of bacon in a pan add chopped pepper and onion and sprinkle cheese generously on top. Cook until bacon is done. Serve on toast allowing two slices of bacon to a piece of toast.

LELIA HARWOOD SMITH, *Xi.*

Use Knox Gelatine if you would be sure of results

### Macaroni with Cheese

|                     |                         |
|---------------------|-------------------------|
| 1½ cups macaroni    | 1⅛ cups buttered crumbs |
| ½ cup grated cheese | 1 tablespoon salt       |
| 1 cup white sauce   |                         |

#### *White Sauce:*

|                      |                   |
|----------------------|-------------------|
| 1 cup milk           | 1 teaspoon salt   |
| 2 tablespoons butter | few grains pepper |
| 2 tablespoons flour  |                   |

#### METHOD:

Put a layer of boiled macaroni on bottom of buttered baking dish. Sprinkle over one-half of the cheese and add one-half of white sauce. Repeat this method. Bake in moderate oven until sauce boils up and crumbs are brown.

ANN EDWARDS, Xi.

### Italian Spaghetti

|                         |         |
|-------------------------|---------|
| 3 tablespoons olive oil | 1 onion |
| 2 garlic cloves         |         |

#### METHOD:

Fry until brown. Add one pound of round steak ground. Brown and add flour up to four tablespoons. When meat begins to simmer in own juice add one quart tomatoes and more water if necessary and keep simmering for one hour. Season with

1 teaspoon salt  
1 teaspoon Worcestershire sauce  
dash of pepper  
1 teaspoon sugar

Serve over one package of spaghetti.

GLADYS MARS BECKER, Xi.

### Sardines

|                |                   |
|----------------|-------------------|
| 1 can sardines | 1 can tomato soup |
|----------------|-------------------|

#### METHOD:

Pour oil from sardines into a spider and add tomato soup. When boiling add sardines and serve on toast.

JULIA PITKIN DAVENPORT, Xi.

All you add is water and sugar to the Knox Acidulated package

**Tomato Creole**

|                          |                      |
|--------------------------|----------------------|
| 6 large tomatoes         | 2 tablespoons butter |
| 1 green pepper           | salt and pepper      |
| 1 teaspoon chopped onion |                      |

**METHOD:**

Cut tomatoes in slices, place in buttered baking pan. Sprinkle slice with finely chopped pepper, onion, butter cut in bits, salt and pepper. Bake twenty minutes then place on rounds of toast and serve.

LELIA HARWOOD SMITH, Xi.

**Chicken Livers**

|                                                           |
|-----------------------------------------------------------|
| ½ pound livers                                            |
| cream sauce (use broth of chicken livers instead of milk) |
| 1 pound mushrooms                                         |
| 1 package cooked spaghetti                                |

**METHOD:**

Pour one cup of boiling water over livers and parboil twenty minutes. Salt five minutes before finish cooking. Add chopped livers to cream sauce mushrooms which have been peeled and stood in salt water one hour. Cook slowly until mushrooms are done. Pour over spaghetti and sprinkle parmesian cheese on top.

GLADYS MARS BECKER, Xi.

**Bacon and Chicken Livers**

|                     |                   |
|---------------------|-------------------|
| 6 chicken livers    | ½ teaspoon salt   |
| 6 slices bacon      | Worcestershire    |
| 2 tablespoons flour | 1 cup tomato soup |

**METHOD:**

Cut livers in slices and sprinkle with salt and pepper. Add bacon and cook until tender. Add flour, salt and soup and seasoning. Serve on toast.

LELIA HARWOOD SMITH, Xi.

**For Dainty Delicious Desserts use Knox Gelatine**

### Linky Jim

$\frac{1}{2}$  pound Welsh rarebit cheese

1 can tomato soup

1 can shrimps

1 egg

$\frac{1}{2}$  pint cream

dash of red pepper

#### METHOD:

Melt cheese in double boiler; add soup. Beat up egg and add; then cream. Heat. Put in the shrimps, cleaned, about five minutes before serving. Serve on crackers or toast.

ESTELLE SCHOONOVER, Xi.

### Cheese Soufflé

1 tablespoon flour (level)

$\frac{1}{4}$  cup milk

1 tablespoon butter

salt and pepper

#### METHOD:

Cook until thick. While hot add one-half cup grated cheese, the beaten yolk of a large egg. Cool and add beaten whites. Bake twenty to thirty minutes in moderate oven.

ETHELWYNN M. TIDMARSH, Xi.

### Cheese Fondue

4 tablespoons cheese (grated)

2 yolks and 3 whites, beaten separately

1 cup bread crumbs

$\frac{1}{2}$  teaspoon salt

$\frac{1}{2}$  cup milk

pepper

$\frac{1}{4}$  cup butter

#### METHOD:

Bake until firm, about twenty minutes.

HAZEL RUSSELL, Xi.

### Cheese Toast

Make a cream sauce and add grated American cheese (and quite a little salt). When cheese is melted, serve hot on buttered toast. This with a slice of bacon (crisp) and a piece of parsley on the plate will look and be very appetizing.

EVELYN ROSE, Xi.

Try Knox Acidulated Gelatine with the Lemon Flavor enclosed

**Cheese-Let**

|                     |             |
|---------------------|-------------|
| 1 cup grated cheese | 1 pint milk |
| 4 slices of bread   | salt        |
| 3 eggs, beaten well |             |

**METHOD:**

Break into small pieces four slices of bread. Place in bottom of a well-buttered baking dish. Cover with cheese, letting some fall to the bottom. Pour milk and eggs over the cheese. Bake one-half hour.

DOROTHY SMITH, *Xi*.

**Cheese Dreams**

Slice white bread into slices about one-third inch. Butter on outside of pairs, put American cheese between sandwich (where no butter is) and then put on spider to fry by a very low gas. Cover spider with lid. Turn cheese dream when brown on one side. Salt a little. The cheese will melt. Serve while hot and they will be delicious.

EVELYN ROSE, *Xi*.

**Cheese Dreams**

Cream one nippy or snappy cheese and add two tablespoons of Worcestershire sauce, one beaten egg, one teaspoon of mustard, and spread on bread. Put slice of bacon on top. Cook in broiler. If desired, the slices may be cut in half and served with salad.

LELIA HARWOOD SMITH, *Xi*.

**Ringtumditty**

|                                   |                   |
|-----------------------------------|-------------------|
| $\frac{1}{4}$ pound cut up cheese | 1 can tomato soup |
| 2 cups cream sauce                |                   |

**METHOD:**

Mix all together and bring to a boil and serve on crackers.

HELEN A. LUPTON, *Delta Beta*.

**Knox Acidulated Gelatine saves the cost, time, and bother of squeezing lemons**

### Rink-Dom Ditty

|                                  |                        |
|----------------------------------|------------------------|
| 1 pound round steak chopped fine |                        |
| ½ pound raw ham chopped fine     |                        |
| 1 large onion                    | 1 green pepper         |
| 2 tablespoons uncooked rice      | 1 can mushrooms        |
| 1 box spaghetti (cooked)         | 2 cups American cheese |
| 1 quart can of tomatoes          | pepper and salt        |
| 2 tablespoons butter             |                        |

#### METHOD:

Brown onion in butter, add beef, ham, tomatoes, salt, pepper, and rice. Cook hour then add mushrooms. Mix spaghetti and meat mixture and place on platter and cover with grated cheese. Will serve eight people.

JULIA PITKIN DAVENPORT, *Xi*.

### Golden Buck

|                                |                       |
|--------------------------------|-----------------------|
| 2 small cans of condensed milk |                       |
| butter size of a walnut        | ½ pound yellow cheese |
| yolks of three eggs            | salt                  |

#### METHOD:

Melt butter, add milk, yolks beaten well, grated cheese and salt. Cook till creamy. Serve on toast or crackers. Shake paprika on top. Will serve six easily.

JULIA PITKIN DAVENPORT, *Xi*.

### Sweetbreads with Bacon

cooked sweetbreads  
salt, cayenne pepper, lemon juice  
slices of bacon

#### METHOD:

Cut sweetbreads in inch pieces, sprinkle with salt, pepper, and lemon juice. Wrap in slices of bacon, skewer and saute in butter. Serve with brown sauce.

LELIA HARWOOD SMITH, *Xi*.

Dainty Recipes in each Knox Gelatine package

**Mushroom Woodcock**

Make a cream sauce of:

- |                                          |             |
|------------------------------------------|-------------|
| 2 tablespoons flour                      | 2 cups milk |
| 1 tablespoon melted butter               |             |
| add 4 hard cooked eggs, diced or chopped |             |
| 1 can mushrooms                          |             |

**METHOD:**

Mix together in a pudding dish with a can of chopped pimientos, one green pepper, and a medium sized bottle of stuffed olives, chopped. Grate one-half pound cheese over top. Put in oven until cheese melts and browns. Serve on toast or wafers.

DOROTHY SMITH, *Xi*.

ESTELLE SCHOONOVER, *Xi*.

**Creamed Sweetbreads and Mushrooms**

- |                                             |
|---------------------------------------------|
| 1 pound sweetbreads (cooked)                |
| 1 can mushrooms, or 1 pound fresh mushrooms |

**METHOD:**

If fresh mushrooms are used, cook in butter for about ten minutes. Add to one and one-half cups cream sauce. Cook together. Serve on toast or in pattie shells.

LELIA HARWOOD SMITH, *Xi*.

**Sunday Night Salad**

- |                      |                      |
|----------------------|----------------------|
| 1 large can sea food | 1 can asparagus tips |
| 1 green pepper       | head lettuce         |
| 1 cucumber           | bunch radishes       |
| 4 tomatoes           | mayonnaise           |

**METHOD:**

Place hearts of lettuce around edge of platter, then four or five asparagus tips in a pepper ring, alternately with slices of tomatoes. Over these put slices of cucumbers, and thin slices of radishes. In center of platter pile sea food and heap mayonnaise on top. Sprinkle liberally with salt and garnish with paprika.

LELIA HARWOOD SMITH, *Xi*.

**Knox Gelatine is highest quality and worth its price**



### Shrimp Wiggle

|                     |                           |
|---------------------|---------------------------|
| 1 can shrimps       | 1 large tablespoon butter |
| 1 can French peas   | 1½ cups cream and milk    |
| 2 tablespoons flour |                           |

#### METHOD:

Make cream sauce of butter, flour and milk and cream. Add shrimps, peas, salt and pepper. Serve on toast.

HELEN HUNT CLARKE, *Xi*.

### Tomato Rarebit

|                     |                        |
|---------------------|------------------------|
| 1 can tomatoes      | pinch of salt          |
| ½ pound cheese      | pinch of black pepper  |
| dash cayenne pepper | toasted buttered bread |

#### METHOD:

Take one can tomatoes, let cook fifteen minutes, until it has cooked down, then add cheese cut fine; season with cayenne, salt and pepper. Let cook until cheese has melted. Serve on toast. Enough to cover six or eight slices of buttered toast.

JACQUELINE NORWOOD DUFFIE, *Xi*.

### Club Sandwich

For 1 sandwich:

two slices of bread  
one fairly thick slice of boiled ham  
one tomato, lettuce and mayonnaise, grated cheese

#### METHOD:

Spread prepared mustard on bread, cover with boiled ham. Then cover with second slice of bread. Place a well bleached lettuce leaf on the top. Cover with four slices of tomato and cover with mayonnaise and grated American cheese. Serve with stuffed olives on the side.

HELEN GEMMILL STRICKLER, *Xi*.

Knox Gelatine solves the problem of "What to have for dessert?"

### Rinktumditty

Melt two tablespoons butter, add three tablespoons finely chopped onions and cook for about ten minutes. Next add two cupfuls of grated cheese, one-half cupful cream, one small can of Campbell's tomato soup and cook until cheese is melted. Now add three eggs which have been well beaten and cook a minute or so longer. Serve immediately on crackers or toast with some kind of pickle.

JANET BOWMAN, Xi.

### Cheese Tomato Sandwich (1 serving)

- 1 tomato
- 2 slices of bread
- 2 slices of cheese  $\frac{1}{4}$  inch thick and 2 inch square
- 2 slices bacon
- mayonnaise

#### METHOD:

Place one-half tomato on each slice of bread and pieces of cheese on each tomato and cut strips of bacon in half, placing two pieces crosswise on cheese. Place under boiler and cook slowly until cheese is melted and bacon browned.

GLADYS MARS BECKER, Xi.

### Japanese Crab Meat

"Pick up" one can of Isuma brand crabmeat. Cream sauce added.

- 1 cup milk
- 1 tablespoon butter

#### METHOD:

Melt butter and stir in flour. Use a double boiler. Add a little onion juice, pimento, and green pepper. Serve on toast or in patty shells.

BERNICE WAITE, Xi.

Where recipes call for Gelatine use Knox Sparkling Gelatine

### Blushing Bunny

1 can tomato soup  
½ pound cheese

1 beaten egg  
toast

#### METHOD:

Melt cheese in soup. Pour over beaten egg and serve hot on toast. Serves four.

LELIA HARWOOD SMITH, *Xi*.

### Chicken Sandwich Au Gratin

Thick slice of toasted bread  
creamed chicken  
grated cheese

#### METHOD:

Place the creamed chicken on the toast. Cover with grated cheese and toast to a golden brown in the broiler.

DOROTHY WILSON, *Xi*.

### Sunday Night Crab Meat

4 tablespoons butter (melt and brown)  
2 cloves of garlic

#### METHOD:

When garlic is brown take out kernels and add four tablespoons flour, two cups milk. Melt one-fourth pound of American cheese and add one pound can of crab meat and season. Put in shells or ramekins, add small piece of cheese and paprika and brown in oven one-half hour.

GLADYS MARS BECKER, *Xi*.

### Jones Apples

Wash and core apples, fill center with country sausage (link), bake in medium oven with half cup of water in the pan.

HELEN SHURTLEFF, *Xi*.

Knox Acidulated Gelatine—no bother—no trouble—no squeezing lemons

**Crabs—Creole Style**

|                             |                          |
|-----------------------------|--------------------------|
| 1 can crabmeat              | 2 tablespoons flour      |
| 2 tablespoons butter        | 2 cups tomatoes          |
| 2 tablespoons chopped onion | salt, pepper and paprika |

**METHOD:**

Melt butter, add onion and cook until yellow, add flour. When smooth, add tomatoes. Cook ten minutes, add seasoning and crabmeat. Serve on toast.

LELIA HARWOOD SMITH, *Xi*.

**Chicken a la King**

Melt two tablespoons butter, add one-half green pepper, finely chopped, and one cup fresh mushroom caps, broken in pieces. Cook four minutes; then add two tablespoons of flour, stir until well blended. Add two cups cream gradually, stirring constantly until the boiling point is reached. Set sauce pan over hot water, add three cups of chicken, cut in cubes, cover and let steam until heated through. Cream one-fourth butter, add three egg yolks, one teaspoon onion juice, three teaspoons lemon juice, and one-half teaspoon paprika. Add to chicken mixture and stir until eggs are set. Serve on buttered toast or in patty shells.

HAZEL RUSSELL, *Xi*.

HARRIET WILSON DAVY, *Xi*.

**Oysters with Celery**

|                                     |             |
|-------------------------------------|-------------|
| 3 tablespoons finely chopped celery |             |
| 1 pint oysters                      | ½ cup cream |
| salt, paprika                       | 2 eggs      |
| 2 tablespoons butter                |             |

**METHOD:**

To the liquor from oysters add celery, salt and paprika. Simmer slowly five minutes; add butter and half the cream. When simmering, add the oysters and when edges curl add two eggs beaten into rest of cream; pour over toast. Serve with lemon points.

HARRIET WILSON DAVY, *Xi*.

Each package of Knox Gelatine makes Four Pints of jelly

### Philadelphia Pepper Pot

|                                         |                                  |
|-----------------------------------------|----------------------------------|
| $\frac{1}{4}$ cup sliced onion          | $3\frac{1}{2}$ tablespoons flour |
| $\frac{1}{4}$ cup chopped celery        | $\frac{1}{4}$ tablespoon salt    |
| 5 cups chicken stock                    | $\frac{1}{2}$ cup heavy cream    |
| $\frac{1}{4}$ cup chopped green peppers | $1\frac{1}{2}$ cups potato cubes |
| $\frac{1}{2}$ pound honey comb tripe    |                                  |
| 4 tablespoons butter                    |                                  |
| $\frac{1}{2}$ teaspoon pepper           | corns finely pounded             |

#### METHOD:

Cook vegetables in three tablespoon butter fifteen minutes. Add flour and stir until well mixed. Add remaining ingredients except cream. Cover and let cook one hour. Just before serving add cream and remaining butter.

RUTH WALLIS WAGNER, *Chi Alpha*.

### Ham a la King (For twenty People)

2 pounds cold boiled ham  
 $1\frac{1}{2}$  quarts milk  
 $\frac{3}{4}$  cup flour for thickening  
 1 cup butter  
 6 hard boiled eggs  
 1 can pimientos  
 1 can mushrooms (cut up)

#### METHOD:

Melt the butter, add the flour and milk, making a cream sauce. Cut ham very fine in squares, also eggs and pimientos. Then add to cream sauce and serve in pattie shells or on toast.

JULIA WINCHELL CAMPBELL, *Xi*.

### Wafers for Sunday Night Tea

Mix barley-duc with cream cheese and spread on Swedish wafers.

BERNICE WAITE, *Xi*.

Use Knox Gelatine—the Four Pint package







# COLMAN'S

DOUBLE SUPERFINE

# MUSTARD

**HOT WEATHER DELICACIES** have an irresistible tang when eaten with Mustard Catsup made from Colman's Double Superfine Mustard. Take 1 quart of vinegar, 1 pound of brown sugar,  $\frac{1}{4}$  pound of salt, 1 ounce of black pepper, 1 ounce of allspice,  $\frac{1}{2}$  ounce of cloves,  $\frac{1}{2}$  pound Colman's Mustard and 2 red peppers. Wash and dry 1 peck of tomatoes, bake in oven until soft, drain off water and pass through colander, then add the above ingredients. Boil all one and one-half hours, stirring constantly, and bottle. Free Mustard Recipe Book on request.

**J. & J. COLMAN (U.S.A.) Ltd.**

90 West Broadway, Dept. C., New York City



## SANDWICHES

### Ribbon Sandwiches

Cut graham bread and white bread about one-fourth inch thick. Spread a piece of white with butter and pimento cheese. Place graham over and spread it. Do this until you have four or five slices. Have the sandwich pressed tightly and slice off in pieces about one-half inch thick.

THETA ALPHA.

### Lettuce Sandwich

Cut bread round, put lettuce and mayonnaise on. Cut center of top piece bread out like a doughnut and place a slice of a stuffed olive there.

THETA ALPHA.

### Sandwich Fillings

cream cheese and chopped olives

cream cheese and jam

chopped chicken, nuts and mayonnaise

one chopped Spanish onion with hot mayonnaise

ham, (chopped boiled ham) and diced Spanish onion, mayonnaise

chopped green peppers, pickles and hard boiled eggs, mayonnaise

peanut butter and celery, mayonnaise

peanut butter and mayonnaise

chopped celery, walnuts and olives, mayonnaise

chopped raisins, celery, lemon juice and mayonnaise

cucumber and tomatoes

hard boiled eggs and olives

cucumbers and radishes, mayonnaise

boiled ham, celery and pimento

potted ham and hard boiled eggs

creamed butter and chopped water cress.

XI.

Knox Gelatine makes a transparent, tender, quivering jelly

**Celery Sandwiches**

1 cup finely shredded celery  
¼ cup chopped stuffed olives  
¼ cup chopped onions  
mayonnaise

**METHOD:**

Mix ingredients and spread thin slices of buttered brown bread with it.

LOIS GOLTRA HEREN, *Xi*.

**Savory Cheese Sandwiches**

1 cream cheese  
1 can devilled ham  
minced olives

**METHOD:**

Mix cheese with a little cream, add ham and olives and spread on thin buttered slices of brown bread.

LELIA HARWOOD SMITH, *Xi*.

**Somerset Sandwiches**

½ cup canned shrimps  
½ cup cold cooked chicken livers  
½ red pepper  
½ bermuda onion  
salt, pepper and mayonnaise

**METHOD:**

Force shrimps, livers, onion and pepper (from which seeds have been removed) through a meat chopper. Season with salt and pepper and moisten with mayonnaise. Spread between thin slices of bread.

JULIA PITKIN DAVENPORT, *Xi*.

**Cheese Canape**

Dip slices of bread in melted butter and then into Parmesan cheese. Lay in a greased pan. Cover with chopped ham, more cheese, salt and pepper and paprika. Place in oven for five minutes.

GLADYS MARS BECKER, *Xi*.

**Knox stands for Quality and Quantity in Gelatine**

**Russian Sandwiches**

brown bread sliced and buttered  
 cold halibut or salmon  
 salt, pepper and lemon juice  
 mayonnaise

**METHOD:**

Flake fish and season. Mix with salad dressing and spread on bread, with lettuce.

HELEN HUNT CLARKE, *Xi*.

**Sardine Club Sandwich**

|          |         |
|----------|---------|
| sardines | bacon   |
| tomatoes | lettuce |

**METHOD:**

Toast three slices of bread. First layer: lettuce and crisped bacon. Second layer: lettuce and sardines. Third layer: lettuce and sliced tomatoes. Use mayonnaise between each layer. Garnish with parsley and paprika.

BOBBY SHURTLEFF COLE, *Nu*.

**Sardine Sandwich**

|                            |                 |
|----------------------------|-----------------|
| 1 can sardines             | yolks of 2 eggs |
| 1 tablespoon melted butter |                 |

**METHOD:**

Make into paste and season with red pepper and lemon juice. Spread between slices of buttered bread.

BOBBY SHURTLEFF COLE, *Nu*.

**Peanut Butter and Jelly Sandwich**

Spread bread with butter, then spread peanut butter on one side and jelly on the other. Fold together and cut in half.

MILDRED MORRISON DONNELLY, *Tau Alpha*.

**Four separate Desserts or Salads from one Package of Knox Gelatine**

### Toasted Mushroom Sandwiches

|                                     |                              |
|-------------------------------------|------------------------------|
| $\frac{3}{4}$ tablespoon butter     | $\frac{1}{4}$ cup thin cream |
| 1 tablespoon flour                  | salt and pepper              |
| slices of bread with crusts cut off |                              |
| 2 cups mushrooms sauted and chopped |                              |

#### METHOD:

Melt butter, add flour and cream. Bring to boiling point and add mushrooms, salt and pepper. Spread sandwich with this mixture and cut in finger shaped pieces. Saute in butter until brown, turn and brown other side.

LELIA HARWOOD SMITH, *Xi*.

### Egg Sandwiches

|                  |            |
|------------------|------------|
| hard boiled eggs | mayonnaise |
| salt and pepper  |            |

#### METHOD:

Chop the whites of the eggs and force the yolks through a potato ricer. Mix yolks and whites and season. Spread mixture between thin slices of buttered bread.

MILDRED MORRISON DONNELLY, *Tau Alpha*.

### Canapes

|              |               |
|--------------|---------------|
| white bread  | nuts          |
| cream cheese | raspberry jam |
| olives       |               |

#### METHOD:

Take a doughnut cutter with a movable hole cutter. Cut white-bread in rounds using the cutter with the hole in half the slices. On the whole round put cream cheese, olive and nut mixture. On that place the round with the hole in the center. Spread this with cream cheese, and in the center put a small spoonful of thick raspberry jam.

HARRIET WILSON DAVY, *Xi*.

**Knox Gelatine is economical—one package makes Four Pints of jelly**

**Meat Sandwich**

|              |              |
|--------------|--------------|
| beef roast   | green pepper |
| sweet pickle | mayonnaise   |

**METHOD:**

Chop finely remains of a beef roast, also the pickle and pepper. Mix with mayonnaise and spread between thin slices of buttered bread.

MILDRED MORRISON DONNELLY, *Tau Alpha*.

**Chicken Sandwiches**

|                        |               |
|------------------------|---------------|
| ½ can French mushrooms | salt          |
| ½ cup English walnuts, | pepper        |
| chicken                | melted butter |

**METHOD:**

Mince the white meat of a chicken and mix it with the chopped mushrooms and walnuts. Season to taste with salt and pepper and moisten with melted butter. Put the mixture between slices of whole wheat bread.

HARRIET WILSON DAVY, *Xi*.

**Prune Sandwiches**

Cover prunes with water and cook until soft. Press through a sieve. To every cup of prune pulp, add one-fourth cup water and two tablespoons of sugar. Let come to a boil. Add one-half pint of whipped cream to two cups of pulp. Add nuts.

HAZEL RUSSELL, *Xi*.

**Pineapple Sandwiches**

Cut slices of bread to fit slices of canned pineapple. Butter the bread, put lettuce, mayonnaise, and a slice of pineapple between the bread.

HAZEL RUSSELL, *Xi*.

**Lemon Butter for Sandwiches**

2 eggs  
½ cup sugar  
1 lemon

Cook in double boiler until thick.

HAZEL RUSSELL, *Xi*.

Desserts can be made in a short time with Knox Gelatine



## HOUSEHOLD HINTS

A BURNED ALUMINUM PAN.—may be cleaned by boiling a pinch of salt and soda in it for three minutes.

TO DRIVE ANTS AWAY—Rub kerosene on window sills.

TO BRIGHTEN COPPERWARE—Wet a flannel cloth and sprinkle with crushed borax and rub on copperware.

CHOCOLATE STAINS—may be removed with kerosene.

TO DISPELL THE ODOR OF CABBAGE OR ONIONS—throw red pepper pods into the boiling water, or a pinch of baking soda will sometimes help.

TO REMOVE COFFEE STAINS—place stained part over bowl and pour boiling water on it from a height.

TO TAKE WHITE SPOTS FROM VARNISHED FURNITURE—either hold a hot plate over them until they disappear or rub lightly with spirits of camphor.

TO REMOVE FRUIT STAINS ON CLOTH OR HANDS—rub with juice of ripe tomato.

TO FRESHEN THE HOUSE—put a few drops of oil of lavender in an ornamental bowl, then half fill with very hot water.

COOK ALL GREEN VEGETABLES—in boiling salted water, then put in cold water to keep for several days.

IF HOT GREASE IS SPILT ON THE FLOOR—turpentine poured on it will cause it to disappear.

GRASS STAINS—may be removed with molasses.

TO RESTORE GREEN, YELLOW AND SCARLET—use Ascetic acid.

CUT HOT BREAD OR HOT CAKE—with a hot knife.

INK STAINS (for colored goods)—soak over night in sour milk and then wash.

INK STAINS (for white goods)—cover spot with lemon and salt and place in sun until it disappears.

DIP LAMB CHOPS in lemon before broiling and they will be delicious.

KEEP MARSHMALLOWS moist in bread box

A Knox Gelatine Dessert or Salad is attractive and appetizing



TO MAKE LINEN WHITE—boil with one teaspoon of spirits of turpentine.

FOR A MERINGUE—use two tablespoons sugar to one egg.

TO REMOVE NUT MEATS WHOLE—soak in hot water for a few hours.

TO REMOVE PEACH SKINS EASILY—pour boiling water over peaches and then cover with cold water and skins will rub off.

FOR JUICY PIES—sift a layer of fine bread crumbs over lower crust before putting in fruit. Flour may be used instead of bread crumbs.

TO REMOVE PAINT FROM COLOR—use chloroform on spot.

TO REMOVE ACID IN RHUBARB—pour boiling water over cut pieces in a colander.

TO REMOVE SPLINTERS from the flesh soak the affected parts in water as hot as you can stand it for three or four minutes. Then you will find the wood has been forced out far enough to take hold of it with your fingers.

SPONGES will not bear boiling. They may be made almost antiseptically clean by being placed in boiling water to which has been added a little strong ammonia. Cover the vessel and set aside for a quarter of an hour. Squeeze sponge vigorously and rinse in cold water.

NEVER REMOVE THE COVER from the steamer when steaming puddings or dumplings.

TO SKIN TOMATOES EASILY—hold over flame on fork until skin turns black, revolving tomato all the time.

TO MAKE TOUGH MEAT TENDER—soak a few minutes in vinegar water.

LEFT OVER YOLKS OF EGGS may be covered with cold water and kept for several days.

### Hand Lotion

|                               |                        |
|-------------------------------|------------------------|
| $\frac{2}{3}$ cup lemon juice | 2 drops carbolic acid  |
| $\frac{1}{3}$ cup glycerine   | 2 tablespoons nail oil |
| Shake well                    |                        |

GLADYS MARS BECKER, *Xi*.

Try the Knox Gelatine recipes found in this book



## Coffee for 35

2½ cups coffee

Mix and put in bag.

1 egg

7 quarts of cold water

Let boil very slowly

1 pound sweetbreads will serve six to eight people.

1 gallon coffee will serve twenty-five cups.

1 quart cream for one gallon of coffee.

Knox Gelatine is measured ready for use—two envelopes in  
each package

### Plate Luncheons

Serve with rolls and coffee.

1. Escalloped crabmeat, mushrooms and cheese with potato chips. Half a pear in a nest of lettuce.
2. Chicken patty—stuffed prune salad.
3. Mushroom woodcock with vegetable gelatine salad.
4. Cheese souffle—grape fruit salad with French dressing.
5. Shrimp wiggle on rounds of toast with Waldorf salad.
6. Sausage rolls with Peach Luffly salad.
7. Escalloped oysters—cold slaw—pickle relish.
8. Meat loaf—escalloped potatoes.
9. Baked ham—vegetable potato salad.
10. Baked ham and noodles—pineapple salad.

### Bridge "Eats"

1. Any stuffed tomato salad, cheese crackers and coffee.
2. Helen's date cake with whipped cream and coffee.
3. Chicken or fish salad with Swedish wafers and coffee.
4. Perfection salad on a round slice of tomato, roll and coffee.
5. Frozen fruit salad with watercress sandwiches and iced tea.
6. Shrimp salad, crackers, apricot torte and coffee.
7. Creamed crabmeat, pear salad, coffee, Blitz Torte.
8. Golden Buck and crackers, coffee, fruit cup.
9. Cheese dreams, coffee, cake.
10. Kisses filled with strawberry ice cream, angel food cake, coffee.

**Knox Gelatine solves the problem of "What to have for dessert?"**

## COLOR LUNCHEONS

### Yellow and White

Flowers—narcissus, daffodils, poppies, nasturtiums, calendulas, marigolds.

|                        |                |
|------------------------|----------------|
| clear chicken bouillon | lemon ice      |
| golden rod eggs        | sunshine cake  |
| apricot or pear salad  | coffee         |
| cheese straws          | yellow patties |

### Red and Green

Flowers—holly, red roses, poinsettias.  
tomato bouillon  
creamed lobster and pimento on toast  
red apple salad, stuffed  
coffee  
pistachio ice cream  
cup cakes with cinnamon frosting

### Pink

Flowers—roses, sweet peas, peonies, asters.  
watermelon cup                      coffee  
crabmeat salad                      rose pudding  
rolls                      pink mints  
pickled beets

### Green and White

Flowers—any white flowers with green asparagus or fern  
cream of pea soup  
creamed asparagus and green pepper  
lettuce salad  
rolls  
mint drink  
apple snow with angel food cake

**Knox Gelatine—Economy with highest Quality**

**Lavender and Yellow**

Flowers—asters, marigolds, cosmos.

|                            |               |
|----------------------------|---------------|
| crushed raspberry cocktail | coffee        |
| creamed chicken and egg    | grape ice     |
| prune salad                | sugar cookies |
| rolls                      |               |

See that the name K-n-o-x is on each package of  
gelatine you buy







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